

EASY CHILLI FOR THE FAMILY

INGREDIENTS

- 1 tbsp olive oil
- ½ cup bacon, diced
- 1 small onion, diced
- 1 grated carrot
- 1 grated zucchini
- 2 cubes frozen spinach (excess water squeezed out)
- 1 jalapeno, minced
- 3 cloves garlic, minced
- 1kg ground beef mince
- 300grams fire-roasted tomatoes and chilli, 1 small can
- 2 tbsp chilli powder
- 1 tbsp cumin
- 1 tbsp oregano
- 2 tsp salt
- 2 cups beef or chicken stock

Optional: Add beans

1. In a large pot over medium-high heat, cook the diced bacon for 5-7 minutes, until browned. Add the chopped onion and cook for for 5-7 minutes, until soft translucent. Add the garlic and jalapeno and cook for a minute or two, until fragrant.
2. Add the ground beef. Cook for 8-10 minutes, stirring with a spatula until browned. (Optionally, drain extra fat from the pan.)
3. Add grated carrot, zucchini and spinach, stir through
4. Reduce heat to low. Cover and simmer for 30 minutes - 1 hour for best flavour, stirring occasionally.

