

A slightly improved Chilli. Last week we made a meat free version, which was really quite good. But the addition of a bit of minced Beef does improve it, in order opinion?.

Ingredients:-

250g Minced Beef
200g of Mung Beans
100g Rosecoco Beans
1 Onion sliced
2 Cloves of Garlic grated
1 tin of chopped Tomatoes
½ a tube of Tomato Purée
2 teaspoons of Chilli powder
2 whole Chillies chopped (Deseed if you prefer it mild)
Salt and Pepper

Method:-

(1) Soak both types of Bean overnight, drain and then simmer separately for 20 minutes. Drain again and set aside. The Mung Bean work well with the addition of a bit of Sodium Bicrbonate. They turn Red!
(2) Fry the Onions, Garlic and Chilli powder and add Salt & Pepper to taste.
(3) Add the Mung Beans, Minced Beef and tin of Tomatoes then allow to simmer.
(4) Add the Tomato Purée.
(5) Add the Chillies.
(6) Add the Rosecoco Bean and simmer on a low heat.

We had ours with a few Nachos and grated Cheese. All good?.