We had a small box of minced Beef in the freezer from a previous recipe. So with this thawed and the addition of an Aubergine each and some Chilli Cheese slices we came up with this.

Ingredients:-

250g Minced Beef
1 Tin of Kidney 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)
Oil
Salt and Pepper

Method:-

(1) Cut the Aubergine in half length ways and hollow out. Leaving some flesh inside the shell.
(2) Fry the Onions, Garlic and Chilli powder and add Salt & Pepper to taste.
(3) Add the Aubergine flesh, Kidney Beans, Minced Beef and tin of Tomatoes then allow to simmer.
(4) Add the Tomato Purée.

(5) Add the Chillies.
(6) Simmer on a low heat.
(7) Lightly Oil the Aubergine casings and pop them in the oven at 180c on a try.
(8) When the Chilli has reduced and your Aubergine cases have roast bun at still firm enough to hold a filling, spoon the Chilli into the cases.
(9) Add a layer of Chilli Cheese and place under the grill to melt the Cheese.
(10) Garnish with a little fresh Parsley for colour.

We served ours with herbed new Potatoes and a little salad. Even Smooh the cat enjoyed a little Chilli!