



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 Bicarbonate. 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?.