

## Turkey Chilli

Serves 2 = £2.80 (£1.40 pp approximately)	Needed for this recipe
Lean Turkey mince	(200g)
Mixed beans	1 tin
Onion	½
Garlic	1 clove
Mixed herbs	1 tbsp
Tinned chopped tomatoes	400g (1 tin)
Chilli (Fresh/powdered)	1 tsp or to taste
Beef stock cube	1 stock cube
Tomato puree 200g	2 tsp



Tsp- teaspoon

Tbsp-  
tablespoon

- Dice/finely chop your onion, red chilli, garlic cloves and brown off in a pan on a medium heat with low calorie spray.
- After about 7 minutes (onions should be really soft and almost caramelised) add the turkey mince and brown off
- Once the turkey mince is cooked through, add all of the dry spices and mixed herbs into the pan and cook off for a further 2-3 minutes.
- Add the tomato puree, stir well into the mixture and cook this out for about 2 minutes
- Pour in all of the tins (drain the kidney beans/mixed bean tin before adding) and stir together. Add 1 stock cube at this point
- Bring to the boil and quickly check for seasoning.
- Add a touch of water at this point if you want to. Reduce heat and simmer gently for an hour.  
*\*\*You can also put in the slow cooker rather than simmer on the stove and keep it bubbling away for at least 4 hours on low\*\**
- Serve when it is ready with rice, homemade flat breads/tortillas or in fajitas, on jacket potatoes or just on its own.