

CHILLI CON CARNE

Makes 4 servings

Per Serve Calories 320 Fat: 9g, Protein: 34g, Carbs: 27g, Fibre 8g

INGREDIENTS

500g of minced turkey or lean beef (macros for beef)

1 can of kidney beans - drained and rinsed

1 medium onion finely chopped

2 cloves of garlic minced

1 capsicum diced

1 tablespoon of tomato paste

1 tablespoon of olive oil

1 chilli (to taste)

1 teaspoon of cumin and paprika

½ teaspoon of cayenne pepper

1 can of tomatoes

Salt and pepper to taste

DIRECTIONS

Heat oil in pan

Garlic, onion and chili until onion soft

Add capsicum and mince

Brown mince

Add spices

Add the beans and tomato paste

Add tomatoes and then simmer

TO SERVE

Shredded Lettuce

Salsa – fresh tomato, red onion, fresh coriander and lime.

¼ Avocado

1 cup of cooked rice