

## **Three Bean Chilli**

### **Ingredients**

**1** tablespoon olive oil  
**1** onion peeled and chopped  
**1** red pepper deseeded and chopped  
**1** garlic clove crushed (optional)  
**2x** 14 oz cans chopped tomatoes  
**1x** 14 oz drained can red kidney beans  
**1x** 14 oz drained can cannelloni beans  
**1x** 14 oz drained can borlotti beans  
**½** teaspoon-**1** teaspoon chilli powder  
**Salt** and freshly ground pepper  
**A little** sugar

**Heat** the oil in a large saucepan and fry onion and pepper for **10** minutes  
**Add** the garlic and tomatoes.  
**Drain** the cans of beans and add to the mixture with the chilli powder.  
**Simmer** for about **15** minutes add salt and pepper and a little sugar

**This** is delicious served in a warmed tortilla wrap and can be sprinkled  
with a little grated cheese.

**You** can also serve it with extra salsa bought from the supermarket

## **Chilli Con Carne**

### **Ingredients**

**1lb** minced beef  
**1** onion  
**1** crushed garlic clove (optional)  
**1** large tin (14 oz) chopped tomatoes  
**1** large tin (14oz) baked beans  
**1** large tin (14oz) drained red kidney beans  
**1** teaspoon chilli powder  
**1** tablespoon tomato puree

**Brown** the mince and onion in a little oil.  
**Add** the tinned tomatoes, baked beans drained red kidney beans chilli  
and tomato puree.

**Cook** on top of stove for about **30** minutes

**If** you need it to go further add another tin of tomatoes.

**Serve** with rice, tortilla wraps or potato wedges.