

This classic chilli con carne is a quick and easy recipe that's bursting with fiery flavors that the family will love. If there's any leftovers - take them to work the next day!

Serves: 4

Prep time: 15 minutes

Cook time: 35 minutes

Syns per serving:

Fry Light, for spraying

1 large onion, finely chopped

2 garlic cloves, crushed

2 fresh chillies, deseeded and chopped

2 tsps ground cumin

1 tsp ground coriander

1 tsp paprika

A pinch of cayenne pepper

1 x 397g/14oz can chopped tomatoes

284ml/½ pint stock

salt and ground black pepper

454g/1lb extra lean beef mince (or Quorn mince)

1 x 198g/7oz can red kidney beans, drained

chopped fresh coriander leaves, to garnish

1 level tablespoon of tomato puree

1. Spray a large saucepan with Fry Light and fry the onion gently over a low heat for 5 minutes, until softened and golden. Add the garlic, chillies and all the spices and continue frying, stirring occasionally, for 2-3 minutes. Add mince, stirring until it begins to brown.

2. Add the canned tomatoes, tomato puree and stock. Stir well and bring to the boil. Reduce the heat and simmer gently for 20 minutes, until the liquid is slightly reduced. Season with salt and pepper and add drained kidney beans. Heat through gently for about 5 minutes.

3. Slow-cooker alternative: Brown your onions, garlic, chillies, spices and meat as above and transfer to your slow-cooker. Add the canned tomatoes, tomato

puree and stock. Stir well and cook on 'medium' for 6-8 hours. 45 minutes before serving add the kidney beans..

4. Serve hot, sprinkled with chopped coriander leaves.

Tip: A dollop of fat free natural yogurt on the top is extremely tasty and, if you've gone overboard on the chilli, it's a great way to "cool" things down!

Replacing beef mince with Quorn mince turns this recipe into a vegetarian delight.