



Jolly Fine Recipe

Chilled Out Chilli Con Carne Slow Cook Recipe

Recipe

Ingredient	Amount
Beef, minced or diced	500g
Red Kidney Beans	400g (1 tin)
Peppers, chopped	2
Onion, chopped	1
Tomatoes	400g (1 tin)
Water	200ml
Chilled Out Chilli Con Carne Sauce Mix	75g

Method

1. Place the minced beef, red kidney beans, peppers, tomatoes and onion into your slow cooker pot.
2. Blend the chilli sauce mix with the water (200ml) and add to the slow cooker pot. Stir thoroughly.
3. Cover and cook for 4 hours on HIGH or 8 hours on MEDIUM or until the meat is tender and cooked through (keep covered during cooking: cooking times may vary between slow cooker models).
4. Remove the lid and stand for 5 minutes before serving.

Top Tip – smear a thin layer of oil around your slow cooker pot before adding the ingredient to prevent excess sticking.



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