Spicy Chilli Con Carne

Ingredients

- 500 g Lean minced beef
- 200 g Onions, chopped
- 400 g Can chopped tomatoes
- 400 g Bean, Red Kidney, Canned
- 2 cups Cooked rice
- 1 pkt MAGGI 3 ways - Spicy Mexican

Instruction

1. Heat 1 tbsp oil in pan, brown beef, add onion, cook 2 minutes.
2. Add tomatoes, beans, and combined ½ cup (125mL) water and MAGGI 3 ways - Spicy Mexican. Bring to the boil, stirring.
3. Cover and simmer 10 minutes; stir occasionally. Serve with rice.

Nutrition

Carbohydrates	61.79 g
Energy	494.93 kcal
Fats	7.83 g
Protein	38.88 g

30 Minutes

4 500g minced beef for 4 servings