



Chilli Bean Soup with Rice

This Chilli Bean soup is barely a soup at all! More of a sloppy bowl of chilli with the rice stirred in! It's warming, filling and delicious. Serve with tortilla chips, a dollop of sour cream and some cheese if you like. **serves 4 big bowls**

- 250g beef mince (or quorn, if you fancy a vegetarian version)
- 1 carton Smoky chilli blend, or 1 tbsp each smoked paprika and cumin
- 2 tsp oregano (optional)
- 2 tbsp oil
- 1 onion, chopped
- 1 tin tomatoes, blended
- 2 tbsp tomato puree
- 1 beef stock cube
- 500 ml water
- 1 large tin sweetcorn
- 1 tin beans eg kidney or black beans
- 1 green or red pepper, diced
- 75g long-grain rice
- squeeze of lime and salt to taste

1. Heat the oil in a large pan and gently fry the onion until soft. Remove.
2. Fry the meat with the spices and oregano until browned.
3. Return the onion to the pan, together with the other ingredients (except lime juice and salt).
4. Bring to the boil and simmer for about half an hour, until the rice is cooked.
5. Add salt to taste and a squeeze of lime, before serving as above.