

Chilli Mince on Pasta



Day 15
Serves: 6
Preparation time:
10 min
Cooking time:
25 min

Ingredients:

- 500g beef mince
- 1 tablespoon (15ml) oil
- 1 medium onion, chopped
- 1 green pepper, chopped
- 1-2 crushed chillies
- 100g tomato paste
- 1 sachet IMANA Spaghetti Bolognese Cook-in-Sauce
- 400ml water
- 1 IMANA Chilli Beef Super Stock Cube
- 1 can red kidney beans, drained and rinsed
- Pasta to serve

Method:

1. Lightly fry beef mince in hot oil in a large saucepan and add chopped onion, green pepper and crushed chillies. Keep on low heat. When the onion starts to soften up a little, stir in the tomato paste.
2. Add the contents of the IMANA Spaghetti Bolognese Cook-in-Sauce, 400ml water and IMANA Chilli Beef Super Stock Cube
3. Simmer for 8 - 10 minutes, and then add the kidney beans. Cover saucepan and leave for 10 minutes, stirring occasionally.
4. Serve over pasta of your choice.

TIP:

If you prefer a curry flavour then replace the cook-in-sauce with IMANA Mild Natal Curry Cook-in-Sauce.

This Recipe Uses

