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Mexican Chilli

Blend No.9

Serves 4

Want to cook chilli like a pro? By using our carefully blended mix, it's not only full of flavour it's quick and easy too!

Ingredients

300g meat substitute mince
2 tsp Spicemasters
Mexican Chilli mix
1 large onion - chopped
1 green Pepper - chopped

1 red pepper - chopped
2 sticks celery - chopped
2 medium carrots - peeled
and chopped
2 tbsp oil

1 tin of chopped tomatoes
1 vegetable stock cube
2 tbsp tomato puree
410g can red kidney
beans - drained

Method

1. Prepare your ingredients.
2. To make the stock, boil some water in a kettle and add 200ml into a jug along with the stock cube.
3. Heat 2 tablespoons of oil in a large frying pan.
4. Fry the onion, carrot, and celery for a few minutes or until it starts to brown. Add 2 teaspoons of Mexican Chilli mix and stir.
5. Add the meat substitute mince to the pan and continue to fry for 3 to 4 minutes or until browned.
6. Pour the stock into the pan then add the chopped tomatoes and tomato puree. Stir well for one minute
7. Turn down the heat and simmer for ten minutes stirring occasionally. If the sauce begins to dry out add a little water.
8. Add the kidney beans and cover. Cook on the lowest heat setting for 10 minutes.
9. Serve and enjoy. Traditionally served on a bed of rice and topped with some soured cream.

Spice Masters Tips

Frying - Frying the onions, carrots and celery for a few minutes allows them to develop flavour.

Chilli - Our blend is not too hot so everyone can enjoy this meal. If you prefer a bit more heat you can always add extra chilli to your liking.

Simmer - This dish can be made ahead of time and reheated. Cooking this dish for a longer period improves the flavour. Make sure it does not dry out., stir occasionally and add water as required.