

# MEXICAN MINCE

## Ingredients

75g minced beef

small onion

1 x 2.5ml chilli powder

50ml tinned tomato

50g kidney beans

100ml stock

seasoning

50g rice

## Method

1. Peel and chop onion.
2. Brown mince in a pan.
3. Add onion and chilli powder. Cook for 2 - 3 minutes.
4. Add tomatoes, kidney beans, stock and seasoning.
5. Bring to the boil, cover and **simmer** for 20 minutes.
6. Half fill a pan with water. Add a pinch of salt. Bring to the **boil**.
7. Add rice and cook until soft - approx 12 minutes.