



CREATE HEALTH

Health and Nutrition
Coaching

Corned Beef Chilli

A family favourite with a twist.



25 mins



4-5 portions



£1.14 per portion

Ingredients

- 1 onion chopped
- 2 cloves of garlic finely chopped or crushed
- 1 grated carrot
- 1 tin sweetcorn (or use frozen)
- 1 tin tomato
- 1 tbsp tomato puree
- 1 tin kidney beans
- 1 tin black beans
- 1 tin of corned beef - cubed
- 1/2 - 1 tbsp chilli powder
- 1 tsp ground smoked paprika
- 1 tsp ground cumin
- 1 tsp ground coriander
- 300ml beef stock
- 1 tbsp Worcestershire sauce*
- 25g dark chocolate*

*optional

Instructions

- Fry onion and garlic until soft
- Add carrot and sweetcorn, cook until soft
- Stir in chilli powder, cumin, coriander and paprika
- Stir in tomato puree and cook for a couple of minutes
- Stir in tin of tomatoes, Worcestershire sauce and stock
- Add black beans and kidney beans and cook for 10-15 minutes
- Stir in the dark chocolate
- Gently mix in the corned beef and simmer for a further 5-10 minutes



Health benefits

- Although not top of the "healthy" list, Corned beef is very high in protein and contains Iron (important for healthy blood cells), B12 (good for nervous system function) and selenium (important for thyroid health)
- Carrots are a great source of Vitamin A which plays a vital role in our eye health.
- Black beans are a nutritional powerhouse;
 - high in protein,
 - high in fibre so are great for digestive health,
 - contain calcium, magnesium, phosphorus, zinc and iron all great for building and maintaining bone health,
 - Rich in antioxidants (polyphenols and flavonoids) helping prevent diabetes, heart disease, and cancer,

Serving suggestions

- Serve with
 - rice,
 - nachos,
 - jacket potatoes,
 - chips,
 - salad
- Top with;
 - grated cheese,
 - sour cream,
 - guacamole