



NYAMA CHOMA CHILLI CON CARNE

INGREDIENTS

- 200g Nyama Choma Soya Mince Meal
- 1 tbsp oil
- 1 onion, diced
- 3 garlic cloves, minced
- 2 tbsp curry powder
- 2 red/green chilli, sliced
- 1 red bell pepper, chopped into cubes
- 1 can kidney beans
- 1 can tinned tomatoes
- Salt and pepper, to taste
- 1 beef cube
- 1 tsp sugar

METHOD:

- Heat oil over high heat in a saucepan.
- Add in onion, chilli, red pepper, and garlic. Cook until the onion and red pepper are soft.
- Lower the heat to medium and add Nyama Choma Soya Mince and 2 cups of water. Stir to combine and simmer until reduced.
- Stir in tomatoes with beef stock, then add in the kidney beans.
- Simmer for 20 minutes and season with salt and pepper, and serve with rice and enjoy!

