

# Beef chilli served in a tortilla



**Ingredients** - Serves 4 to 6 depending on serving size

1 large onion, peeled and diced  
1 or 2 cloves of garlic, chopped or minced  
1 red pepper, deseeded and diced  
2 cloves of garlic, peeled and crushed  
100g mushrooms  
1 tsp red chilli flakes  
Cayenne pepper (optional)  
Smoked paprika (optional)  
4 tbsp tomato puree  
800g beef mince  
3 400g tins chopped tomatoes  
Frozen peas or a tin of kidney beans drained

## To serve

Cooked brown or white rice  
Grated cheese  
Crème fraîche or sour cream (optional)  
Fresh avocado, chopped and smashed with a fork (optional)  
Crisp lettuce  
Wholemeal tortillas

## Method

- Heat the oil in a pan
- Add the onions and sauté for 3 minutes.
- Then stir in the garlic and start adding the other vegetables, the peppers, the mushrooms give it a stir and give it a minute or 2.
- Add the beef mince and chop it into the vegetables.
- Add the chilli flakes also cayenne pepper and smoked paprika if using, stir these in.
- Now it's time to add the chopped tomatoes and the tomato puree.
- Stir and simmer on a low to medium heat for 20 or 30 minutes, longer if you have the time, the longer the better for flavour.
- With 10 minutes to go add in the frozen peas or if you don't have frozen peas you could use kidney beans, chickpeas or whatever you have in the cupboard.
- When ready to serve. Layer up on the small tortillas with some cooked brown or white rice, grated cheese, crisp lettuce and if desired, smashed avocado and crème fraîche or sour cream.