

# HEALTHY COOKING

## ▶ SUPER BEEF CHILLI



SERVES 8

### INGREDIENTS

- ▶ 1 Tbs olive oil
- ▶ 1 medium onion, chopped
- ▶ 2 garlic cloves, minced
- ▶ 2 jalapeno chillies, finely chopped
- ▶ 1/2 tsp salt
- ▶ 1/4 tsp cayenne pepper
- ▶ 1 1/2 tsp ground cumin
- ▶ 1/8 tsp ground cinnamon
- ▶ 900g lean minced beef
- ▶ 1 can (400g) diced tomatoes
- ▶ 1 1/2 cups Colby cheese, grated

Preheat the top grill in the oven to 180°C.

In a large oven-proof pan, heat olive oil over medium-high heat; add onion; cook until golden, about 3 minutes, stirring occasionally. Add garlic and jalapeños; cook 30 seconds, stirring until fragrant.

Add salt, red pepper, cumin, cinnamon and minced beef. Cook until browned, about 6 minutes, stirring occasionally. Drain excess liquid from pan. Add tomatoes, and bring to a boil. Sprinkle cheese over top. Place the pan in the oven and grill until the cheese is melted.

**Each serving:**

**Protein: 29.0g | Carbohydrate: 2.3g**

NEW IMAGE