

CHILI CON CARNE WITH MINT YOGURT

2 persons / 512 kcal per person

Ingredients:

- 1 medium onion
- ½ tablespoon olive oil
- 1 clove of garlic
- 150 grams of ground beef
- ½ red bell pepper
- ½ teaspoon of ground cumin
- 200 grams of peeled canned tomatoes
- 465 grams of brown beans (drained weight)
- ½ teaspoon ground chili pepper
- 1 teaspoon of dried mint
- 75 grams of Greek yogurt



Preparation:

Chop the onion. Heat the oil in a large frying pan and fry the onion. Press half of the garlic cloves on top. Add the minced meat and fry for 5 minutes. Cut the peppers into strips. Add the bell pepper, cumin and tomatoes. Crush the tomatoes with a ladle. Drain and add the beans. Season with salt and chili and bring to a boil. Lower the heat and simmer for 20 minutes. Add the mint to the yogurt and squeeze the rest of the garlic over it. Season with salt and pepper. Serve the mint yogurt with the chili.

Nutritional value per person:

Energy:	512 kcal
Protein:	32.7 grams
Carbohydrates:	44.0 grams
- including sugars:	10.2 grams
Fat:	18.3 grams
Fiber:	19.6 grams
Salt:	1.2 grams