

# Chilli con carne with rice

Serve this hearty beef dish in a tortilla as an alternative to rice.



## Ingredients

Serves  people

Rice - 1 ½ cups (uncooked)

Brown onion - 1 small

Carrot - 1 medium

Celery - 1 stalk (40g)

Red capsicum - 1

Olive or canola oil - ½ tablespoon

Chilli powder - ½ teaspoon

Ground cumin - ½ teaspoon

Crushed garlic - 1 clove (5g)

Lean beef mince - 250g

Red kidney beans - 1 x 300g can

Reduced salt crushed tomatoes - 1 x 400g can

Cold water - 250mL (1 cup)

## Method

- 1 Cook rice according to packet instructions.
- 2 Peel and finely dice onion.
- 3 Dice carrot, celery and capsicum.
- 4 Heat oil in large saucepan over medium heat. Add onion, carrot, celery, capsicum, chilli powder and cumin. Stir and cook for 6 to 8 minutes, until vegetables soften.
- 5 Add garlic and cook for 1 minute.
- 6 Add beef mince, stir and use wooden spoon to break meat into small pieces. Cook for 2 to 3 minutes, until mince browns slightly.
- 7 Drain and rinse kidney beans. Add to pan with canned tomatoes and water. Stir and bring to the boil. Turn heat down and simmer for 30 minutes or until sauce thickens.
- 8 Serve with cooked rice.

## Recipe tip

- As an alternative to rice, serve the meat sauce in a flour tortilla (pictured).

## Each serve provides

Food group	Children's serves
Grains (rice)	1 children's serve
Vegetables	1 children's serve

The nutritional information provided is based on the exact ingredients and method as shown. Any variation/s to the ingredients or method may alter the nutritional outcome.

## Allergy information

This recipe does not account for potential contamination that may occur through manufacturing and processing. Ingredients in this recipe may still have precautionary allergen food labelling (e.g. “may contain traces of”).

When preparing this recipe, it is important to:

- double-check the label of ingredients every time you make it
- prevent any contamination during preparation, cooking and serving.

Recipe adapted with permission from Cooking for kids with food allergy, Department of Nutrition and Food Service, Royal Children's Hospital, Melbourne.

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**Written and reviewed by dietitians and nutritionists at National Nutrition Foundation, with support from the Victorian Government.**



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