



Chilli bean bake with soured cream mash

 Gluten Free

READY IN



100 min.

SERVINGS



10

CALORIES



572 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 onions chopped
- ☐ 1 tbsp olive oil
- ☐ 2 tsp ground cumin and thyme dried
- ☐ 2 tbsp mild chilli powder
- ☐ 1 kg beef lean minced
- ☐ 800 g canned tomatoes chopped canned
- ☐ 800 g kidney beans rinsed drained canned
- ☐ 660 g sweetcorn drained canned

- ☐ 3 pasilla peppers mixed chopped
- ☐ 2 tbsp red wine vinegar
- ☐ 2 tbsp brown sugar
- ☐ 1 beef stock cube
- ☐ 1.8 kg potatoes chopped
- ☐ 300 ml pot soured cream
- ☐ 2 small chives snipped
- ☐ 100 g cheddar grated

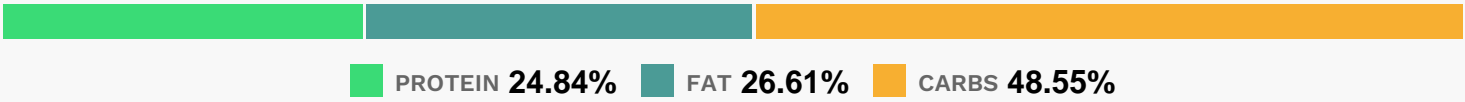
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ wooden spoon
- ☐ colander

Directions

- ☐ Fry the onions in the oil in a large, deep saucepan until soft. Stir in the spices and cook for 2 mins, until fragrant. Crumble in the mince in batches and fry, breaking up with a wooden spoon, until all the meat is browned.
- ☐ Stir in the chopped tomatoes, beans, sweetcorn, peppers, vinegar and sugar. Crumble in the stock cube, pour over 500ml water then bring to the boil. Cover and simmer for 20 mins, then uncover and simmer for 20 mins more until the mince and peppers are tender and saucy.
- ☐ Meanwhile, make the mash. Boil the potatoes in lots of boiling salted water until tender, about 15 mins.
- ☐ Drain well, leaving in the colander to steam dry for 1 min, then tip back into the saucepan and mash with the soured cream. Season and stir in the chives.
- ☐ When the chilli mince is done, pour into 1, 2 or individual ovenproof dishes. Spoon or pipe over the mash and scatter on the cheese. Cool completely if youre freezing any at this stage, or if you want to eat straight away, heat the oven to 220C/ 200C fan/gas 7 and bake for 25-30 mins until bubbling and golden.

Nutrition Facts



Properties

Glycemic Index:33.83, Glycemic Load:36.05, Inflammation Score:-9, Nutrition Score:36.326521930487%

Flavonoids

Luteolin: 1.69mg, Luteolin: 1.69mg, Luteolin: 1.69mg, Luteolin: 1.69mg Isorhamnetin: 1.12mg, Isorhamnetin: 1.12mg, Isorhamnetin: 1.12mg, Isorhamnetin: 1.12mg Kaempferol: 1.62mg, Kaempferol: 1.62mg, Kaempferol: 1.62mg, Kaempferol: 1.62mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.52mg, Quercetin: 6.52mg, Quercetin: 6.52mg, Quercetin: 6.52mg

Nutrients (% of daily need)

Calories: 571.93kcal (28.6%), Fat: 17.47g (26.88%), Saturated Fat: 7.66g (47.88%), Carbohydrates: 71.7g (23.9%), Net Carbohydrates: 58.75g (21.37%), Sugar: 14.73g (16.36%), Cholesterol: 89.22mg (29.74%), Sodium: 587.59mg (25.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.7g (73.39%), Vitamin C: 77.97mg (94.5%), Vitamin B6: 1.36mg (68.05%), Phosphorus: 550.02mg (55%), Potassium: 1868.88mg (53.4%), Fiber: 12.95g (51.8%), Vitamin B3: 10.32mg (51.6%), Zinc: 7.37mg (49.13%), Manganese: 0.91mg (45.27%), Vitamin B12: 2.41µg (40.19%), Iron: 7mg (38.88%), Selenium: 23.93µg (34.19%), Magnesium: 135.57mg (33.89%), Copper: 0.63mg (31.43%), Vitamin B1: 0.44mg (29.12%), Vitamin B2: 0.48mg (28.11%), Vitamin A: 1257.36IU (25.15%), Folate: 93.36µg (23.34%), Vitamin B5: 2.24mg (22.45%), Vitamin K: 22.67µg (21.59%), Calcium: 204.95mg (20.49%), Vitamin E: 2.53mg (16.86%), Vitamin D: 0.16µg (1.07%)