



We had a small box of minced Beef in the freezer from a previous recipe. So with this thawed and the addition of an Aubergine each and some Chilli Cheese slices we came up with this.

Ingredients:-

250g Minced Beef
1 Tin of Kidney Beans
1 Onion sliced
2 Cloves of Garlic grated
1 tin of chopped Tomatoes
½ a tube of Tomato Purée
2 teaspoons of Chilli powder
2 whole Chillies chopped (Deseed if you prefer it mild)
Oil
Salt and Pepper

Method:-

- (1) Cut the Aubergine in half length ways and hollow out. Leaving some flesh inside the shell.
- (2) Fry the Onions, Garlic and Chilli powder and add Salt & Pepper to taste.
- (3) Add the Aubergine flesh, Kidney Beans, Minced Beef and tin of Tomatoes then allow to simmer.
- (4) Add the Tomato Purée.

- (5) Add the Chillies.
- (6) Simmer on a low heat.
- (7) Lightly Oil the Aubergine casings and pop them in the oven at 180c on a try.
- (8) When the Chilli has reduced and your Aubergine cases have roast bun at still firm enough to hold a filling, spoon the Chilli into the cases.
- (9) Add a layer of Chilli Cheese and place under the grill to melt the Cheese.
- (10) Garnish with a little fresh Parsley for colour.

We served ours with herbed new Potatoes and a little salad. Even Smoooh the cat enjoyed a little Chilli!