

# Adios™

A natural aid for slimming



## CHILLI BEEF AND VEGETABLES

Serves: 4

Calories per serving: 260

### Ingredients

250g (9 oz) extra lean minced beef

1 red pepper, de-seeded and finely chopped

460g jar of medium hot chilli sauce

400g (14 oz) canned red kidney beans, drained and rinsed well



### Method

- 1 Brown the mince in a non-stick frying pan.
- 2 Add the peppers and stir fry for a few minutes before adding the sauce and beans.
- 3 Stir well, cover tightly and simmer for 20 minutes. Stir before serving.

If you like the look of one of the recipes for another body shape, don't worry, it's still healthy and low fat, so try it! These recipes aren't exclusive to each body shape, they're just suggestions!

*notes:*