

**Nourish your soul with
MOOD BOOSTING INGREDIENTS**

REFRESH

MIND, BODY & SOUL

OCTOBER

SMOKY BEEF CHILLI

SERVES  Ten

SAFFRON RECIPE CODE R07118

INGREDIENTS

- 650g minced beef
- 200g onion (peeled and finely chopped)
- 1tsp chilli powder
- 600g chopped tomatoes
- 250g red kidney beans (drained)
- ½ tsp salt
- ½ tsp ground white pepper
- 20ml vegetable oil
- 100g tomato puree
- 2tsp smoked paprika
- 500ml tap water

METHOD

1. Heat oil in a large pan and cook the onions until soft and translucent, add the garlic puree and cook for a couple of minutes more.
2. Add the minced beef and cook until all is browned, breaking up the mince as it cooks.
3. Add the chilli powder, paprika and seasoning and stir through, add in the chopped tomatoes, puree and water, bring to a gentle simmer and cook for 40-45 minutes stirring occasionally.
4. Add the kidney beans & cook for 10 minutes more.
5. Serve with wholegrain rice.

B VITAMINS:

B vitamins help your brain make important chemicals like serotonin and dopamine which influence mood, motivation, and relaxation.



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EGYPTIAN LENTIL SOUP

SERVES  Ten

SAFFRON RECIPE CODE R06310

INGREDIENTS

- 750ml tap water
- 240g red lentils
- 150g tomatoes (roughly chopped)
- 175g carrots (roughly chopped)
- 200g onion (peeled & roughly chopped)
- 3 cloves garlic (chopped)
- 30g vegetable boullion mix
- 250ml tap water
- 3tsp cumin powder
- ½ tsp salt
- ½ tsp ground black pepper
- 1tsp ground coriander

METHOD

1. Place the water, lentils, tomato, carrot, onion, garlic, and bouillon in a suitable pot over medium heat. Cook until the vegetables and lentils are softened, approx. 20 minutes.
2. Remove from heat and cool to lukewarm.
3. Blend vegetable and lentil mixture with a blender until smooth.
4. Stir the remaining water (until desired consistency), cumin, sea salt, pepper, and coriander into the soup mixture.
5. Cook over medium heat until warmed.

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