



Chilli Con Carne



This is a simple, hearty dish that is a good alternative to spaghetti bolognese. The chilli content can be modified according to taste. The red kidney beans are a great addition, offsetting the power of the chilli while giving a textural lift to the dish.

Ingredients

- ♦ 1 tablespoon olive oil
- ♦ 1 large onion, peeled and finely chopped
- ♦ 3 cloves of garlic, peeled and finely chopped
- ♦ 1 red pepper, deseeded and finely chopped
- ♦ 2 teaspoons ground cumin
- ♦ 1 teaspoon paprika
- ♦ 1 heaped teaspoon hot chilli powder
- ♦ 500 g/1 lb minced beef
- ♦ 400 g/14 oz chopped tomatoes, fresh or canned
- ♦ 3 tablespoons tomato paste
- ♦ salt and pepper
- ♦ 400 g/14 oz can red kidney beans

Serves 6

To Cook

Heat the oil in a saucepan over a medium heat, add the onion and cook until translucent. Add the garlic, pepper and spices and stir. Simmer for a few minutes until well combined and the aromas of the spices are evident. Add the mince to the mixture and break it up as it is stirred into the vegetables and spices. Cook until the meat is well browned. Add the tomatoes, tomato paste and seasoning and simmer for 30 minutes or so, checking the liquid and adding a little water if it reduces too quickly.

Add the kidney beans and stir in. Continue to cook for another 10 minutes or so until the beans are well incorporated.

It's great served with plain rice. Put the rice in a bowl and spoon the chilli over the rice. Top with a spoonful of sour cream to finish off.