



LOVES FOOD

BEEF CHILLI CON CARNE

INGREDIENTS:

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| 1kg of lean minced meat | |
| 2 large carrots peeled and chopped | 1 large onion chopped |
| Half a teaspoon of black pepper | 1 large green bell pepper |
| 3 tablespoons of cooking oil | 1 teaspoon of salt |
| 1 teaspoon of cumin powder | 1 teaspoon of paprika |
| 2 large tomatoes grated | 1 large red bell pepper |
| 2 tablespoons of tomato paste (1 sachet) | 2 teaspoons of crushed garlic |
| A handful of fresh coriander leaves (Danya) | 2 teaspoons of crushed ginger |
| 1 can of black or red beans, washed and strained | 2 cups of frozen sweet corn |

METHOD:

1. Place mince in a large pot and allow to boil until all the water is evaporated.
2. Allow to cool and mash any lumpy bits with your hands or a potato masher.
3. Once all the lumps in the mince have been loosened, add cooking oil and your diced onion. Fry until the mince takes on a lightly brown colour.
4. Add the grated tomato, tomato paste, salt, pepper, garlic, ginger and other spices
5. Stir thoroughly and allow to simmer until the tomato is fully cooked and the cooking oil begins to rise to the top of the mince.
6. Dice the peppers and carrots to match the size of the sweet corn.
7. Add 2 cups of boiling hot water, beans and chopped vegetables (except the Danya). Put the lid on and simmer for 5 minutes.
8. Finish with chopped Danya (coriander leaves).

SERVING SUGGESTION

This Mexican dish goes very well with plain white rice and chapattis. Add a fresh green salad on a summer's day or roasted veggies on a winter's day.

Enjoy!

With love,
From Famous Warrior's kitchen