

Chilli Con Carne

'I've made the chilli con carne for my 5 flat mates. They were all nervous about the chilli but one they tasted it they loved it!' Michael from Eaglehawk Cooking Club



THIS IS AN EASY ONE POT MEAL THAT CAN BE USED IN MULTIPLE WAYS; BAKED POTATO TOPPING, MEXICAN TACO FILLING OR SERVED WITH RICE.

PREP. TIME	30 mins
COOKING TIME	30-40 mins
SERVES	6

INGREDIENTS

500g Lean minced beef
2 onions
2 carrots
2 sticks celery
2 red peppers
1 410g can diced tomatoes
1 425g can chickpeas
1 410g can red kidney beans or 1 cup of dried beans soaked and cooked
1 heaped teaspoon chilli powder
1 heaped teaspoon ground cumin
1 heaped teaspoon ground cinnamon
½ cup of fresh coriander
2 tablespoons of balsamic vinegar
2 Tablespoon of oil

EQUIPMENT

Electric fry pay or large stove top pot
Knife
Chopping board
Wooden spoon

Method

1. Finely chop the onion, garlic, carrot and celery.
2. Halve the red peppers, remove the stalks and roughly chop.
3. Heat 2 tablespoons of oil in electric fry pan or large stove top pot. Add the chopped vegetables, chilli powder, cumin, cinnamon, a good pinch of salt and black pepper, then cook for 7 minutes until softened.
4. Drain and add the chickpeas and red kidney beans.
5. Add the tinned tomatoes and a tin worth of water.
6. Add the minced beef, breaking up any chunks.
7. Pick the coriander leaves and put to the side.
8. Bring to the boil, then reduce the heat to low and simmer for 40 minutes to an hour. Stir occasionally.

Tips

To make a vegetarian 'Chilli con bean' prepare in the same way, double the quantity of red kidney beans and leave out the mince.

This recipe freezes well and is a good one to make in bulk. Freeze in individual portion sizes or enough for a family meal and take out as you need it.





You can substitute or add more vegetables to this dish. Kale, zucchini, silverbeet also work well.

Serving Suggestions

Serve with rice or cous cous or a hunk of crusty bread, over a jacket potato with some yoghurt, guacamole and wedges of lime or lemon. If you have more coriander, put this on top and if you like it hot, add some fresh chilli.





THIS RECIPE COURTESY GROW COOK SHARE PARTNER:

WWW.

