

Chilli Con Carne

Serves 4

Ingredients

250g lean minced beef or meat alternative (e.g. soya mince or quorn)
1 large onion
1 red pepper
2 garlic cloves
1 heaped tsp of hot chilli powder **OR** 1 level tbsp of mild chilli powder (depending on taste)
1 tsp paprika
1 tsp ground cumin
400g can chopped tomatoes
410g can red kidney beans (add half a can optional)
2 tbsp tomato puree

Optional extra:

Fresh Red or Green chillies (depending on how hot you want your chilli)



You will also need to bring plastic box with a sealed leak proof lid to carry it home.

Method

1. Peel and dice your onion. Chop red pepper into small chunks. Peel and finely crush 2 garlic cloves.
2. Place the meat into a large pan and gently dry fry. Break up mince with a wooden spoon as it is cooking, frying off until meat is no longer pink.
3. Add the onions and cook, stirring frequently, for a few more minutes until the onions are soft, squidgy and slightly translucent. Add the garlic, red pepper, chilli powder, paprika and ground cumin (fresh chillies if using) and Give it a good stir.
4. Add 1 can of chopped tomatoes, add 2 tbsp tomato purée and stir the sauce well.
5. Bring the whole thing to the boil, give it a good stir, then turn down to simmer and put a lid on the pan. Leave it simmering gently for 20 minutes. Check the pan occasionally to stir it and make sure the sauce doesn't catch on the bottom of the pan or isn't drying out. If it is, add a couple of tablespoons of water and make sure that the heat is low.
6. Drain off your red kidney beans in a colander and rinse with water then proceed to stir them into the chilli. Bring to the boil again, and gently bubble without the lid for another 10 minutes, adding a little more water if it looks too dry. Season with salt and pepper.
7. Reheat gently at home and serve with soured cream and plain boiled long grain rice.