

Chilli con Carne

This is nice to have with either baked potato, sweet potato or rice.

Ingredients:

60 grams butter
salt and pepper
2 large onions, finely diced
2 cloves garlic, crushed
500 grams beef mince
4 teaspoon ground cumin
1 teaspoon chilli powder (optional)
140 grams tomato paste
1 x 440 gram can kidney beans, drained
1¼ cups beef stock
salt and pepper
1/2 chopped parsley

Method:

1. Melt butter in a large pan.
2. Add the onions, and garlic and fry gently for about 5 minutes.
3. Stir in the beef and cook for about 10 minutes until it has browned,
4. Add the cumin, chilli and tomato paste and stir well.
5. Add the beans and the stock.
6. Cover the pan, reduce heat and simmer for 20 - 25 minutes.

Check seasoning and serve with the chopped parsley and some sour cream.