

Chilli Con Carne

This is a great dish to feed a crowd, and you cook it in one big pot. Make the chilli the day before you need it, the flavours will improve overnight so all that's left to do is reheat it and cook the rice.

SERVES 4

PREPARATION: 25 MINUTES

COOKING: 45 MINUTES

2 tbsp olive oil

2 onions, chopped

3 garlic cloves, finely chopped

2 green chillies, finely chopped,

or 2 tsp dried chilli flakes

1 red bell pepper, de-seeded and diced

1 tsp ground cumin

2 tsp paprika

1 tsp dried oregano

700g minced beef

2 tbsp tomato paste

400g can red kidney beans, drained and rinsed

2 bay leaves

400g can chopped tomatoes

600ml beef stock

Freshly ground black pepper

Small bunch fresh

coriander, chopped

To serve

Sour cream

1 lime, cut into wedges

1 Heat the olive oil in a large heavy pan and gently fry the onions, garlic, and chillies for 5 minutes until softened. Add the red bell pepper, spices, and oregano and cook for another 2 minutes.



2 Turn the heat up to high, add the ground beef, and cook, breaking it up with a wooden spoon for 3-4 minutes until browned. Add the tomato paste and cook for another 2 minutes.



3 Add the kidney beans, bay leaves, tomatoes, and just enough stock to cover. Stir well, season with pepper, and bring to the boil. Reduce the heat, cover, and simmer for 45 minutes, stirring occasionally.

4 Stir through the chopped coriander and spoon the chilli over cooked rice. Serve with the lime wedges, to squeeze over the chilli, and sour cream to tone down the heat.



Look out for jalapeño chillies, they have a fragrant flavour and are not too hot!