

Chilli con carne

Serves 4 - total time 1 hour

Ingredients

1 tbsp vegetable oil
1 large onion, diced small
100g chestnut mushrooms, chopped
1 red pepper, chopped
2 garlic cloves, finely chopped
1 level tsp hot chilli powder
1 tsp paprika
1 tsp ground cumin
500g lean minced beef
1 beef stock cube
400g can chopped tomatoes
 $\frac{1}{2}$ tsp dried marjoram
1 tsp sugar
2 tbsp tomato purée
410g can red kidney beans, drained and rinsed
basmati rice, to serve
soured cream, to serve

Method

60 mins before serving

Peel and chop onion, mushrooms, pepper and garlic.

Add oil to pan and heat. Add onions and cook stirring frequently for 5 minutes until they are translucent. Add garlic, red pepper, mushrooms, chilli powder, paprika and cumin.

Stir well. Cook for 5 mins, stirring occasionally.

45 mins before serving

Add the minced beef to the pan and brown, cooking for at least 5 mins. Boil kettle of water.

40 mins before serving

Add beef stock cube to boiled water and pour into pan. Add tomatoes, marjoram, tomato purée and sugar. Season with salt and pepper to taste. Bring to the boil and then cover and simmer for 20 mins. Stir occasionally.

20 mins before serving

Bring pan of hot water to boil.

Add kidney beans to chilli pan, bring to the boil and then simmer without lid for 10 mins. Taste and season to taste.

15 mins before serving

Add salt and basmati rice to boiling water. Stir. Cook for 14 minutes

10 mins before serving.

Turn off heat and leave chilli to stand for 10 minutes.

Boil a kettle of water.

Serving

Drain rice in sieve and then pour kettle of hot water over rice in sieve.

Serve chilli and rice with soured cream.