

Chilli Con Carne

Ingredients

- 45ml/3 tbsp vegetable oil
- 1 large onion, chopped
- 2 fresh red chillies, seeded and sliced
- 900g minced beef
- 4 garlic cloves, crushed
- 15ml/1tbsp **light** brown sugar
- 30-45 ml/2-3 tbsp chilli powder
- 5ml/1 tsp ground cumin
- 5ml/ 1tsp each of salt and ground black pepper
- 150g tomato puree
- 4 tomatoes, cooked and sieved
- 250ml/1 cup of beer
- 350g/2 cups of cooked kidney beans, rinsed and drained

Method

1. Heat the oil in a deep saucepan and cook the onion and the chillies for about 5 minutes until softened. Add the beef and cook until browned, breaking up the meat with the side of a wooden spoon.
2. Stir in the garlic, brown sugar, chilli powder, cumin, salt and pepper. Add tomatoes, beer and tomato puree. Stir to mix. Bring to the boil, then reduce the heat, cover and simmer for 50 minutes.
3. Stir in the kidney beans and simmer for 5 minutes longer, uncovered.