

Chilli Con Carne

Serves 1 plus leftovers to freeze

500g Minced Beef

½ onion, 1 carrot, 1 celery stick

1tsp garlic puree or minced garlic

1 tsp each of Ground: Smoked Paprika, Cumin,
Chilli Powder, Cayenne Pepper, Coriander,
Cloves, Cinnamon, Turmeric

Can of Tomatoes

330ml bottle of Lager/or Water

Beef Stock Cubes

1 tbsp. Tomato Puree

Dark Chocolate

1 can of Red Kidney Beans

Crème Fraiche or Sour Cream to Serve

Fresh Coriander to Serve

Avocado to Serve

Rice for Serving

Nachos to Serve

Lime to Serve

The Chilli:

Start by taking a large pot over a high heat with some oil.

Place in your meat into the pan, break up as much as you can, I tend to form it into a ball with the spatula and then break that down. Leave the meat cook out, lots of water will come out of the meat, leave all the water evaporate and you will then begin to hear the beef sizzling. Keep frying it as long as you can, get plenty of brown bits in the pan, this is all flavour.

Next add in your vegetables, whatever choice of veg you like. Fry until the water has evaporated

Add in all your spices, mix and fry for a few minutes. Add less chilli if you don't like heat, or add in as much as you dare, just remember if it's extremely hot you won't taste any other spices.

Add in the tomato puree, mix and fry for a few minutes

Add in the water/lager, make sure to scrape up all the bits stuck to the bottom of the pan.

Add in the tomatoes and one stock cube to start.

Place into a lidded casserole or cover and place in a 150-degree oven for 2 hours. Again

the lower and longer the better here. You can precook it up to this point the day before and just finish as below whenever you want to serve it.

Reheat the mix or continue from the oven back on the hob, add in the drained kidney beans and reheat them.

Finally, add about a few squares of dark chocolate and mix through.

To Plate:

Serve over rice with some sour cream, sliced avocado, fresh coriander, nachos and lime.

What to do with the leftovers:

Leftover chilli freezes very well. Put the mix into a muffin tin, freeze and you have perfectly portioned leftovers ready to grab portion at a time.