

Chilli Con Carne

INGREDIENTS

- 1 onion, finely chopped - 2 garlic cloves, grated
 - 1 tablespoon olive oil
 - 2 tsp chilli powder
 - 2 tsp ground cumin
 - 2 tsp ground cinnamon
 - 1 tsp ground coriander
 - 1 tbsp tomato purée
 - 500g lean beef mince
 - 500g passata
 - 1 can chickpeas
 - 1 can kidney beans
 - 1 tsp salt
 - 1 beef stock cube

METHOD

- Fry the onion in the olive oil over a medium heat for a few minutes till soft but not browned
- Add the spices and cook for a further two minutes, stirring continuously so they don't burn
- Add the garlic and tomato paste and cook for another minute
- Add the beef and cook for another ten minutes, breaking up any lumps
 - Add the passata, two cups of water and the beef stock
 - Increase the heat and bring to the boil
- Reduce the heat and let it simmer for 1 hour, stirring occasionally
 - Add the beans, cook for another 10 minutes.