



Chilli con carne



Serves 6

Recipe by Kate Caire, Carnation Kitchen and SoHo Wholefoods



50 minutes

INGREDIENTS

MEAT

- 1 tbsp olive oil
- 3 garlic cloves (minced)
- 1 large onion (diced)
- 1 medium red capsicum (diced)
- 500g beef mince
- 3 tbsp tomato paste
- 2 cans of crushed tomato
- 1 can of red kidney beans (drained)
- 2 beef stock cubes
- 1 1/2 tsp sugar
- 1/2 – 1 1/2 cups water
- Salt and pepper

CHILLI SPICE MIX

- 1 – 2 tsp cayenne pepper (or to taste)
- 4 tsp paprika powder
- 5 tsp cumin powder
- 2 tsp garlic powder
- 2 tsp onion powder
- 2 tsp oregano

TOPPINGS (OPTIONAL)

- sour cream
- grated cheese
- avocado
- coriander
- pico dell gallo (Mexican salsa)
- jalapeños



Afternoons

with Joel Rheinberger

on 936AM and the ABC listen app





Chilli con carne

Recipe by Kate Caire, Carnation Kitchen and SoHo Wholefoods

DIRECTIONS

1. Heat oil in a large pot over medium high heat. Add garlic and onion, cook for 1 minute, then add capsicum and cook for 2 minutes until onion is translucent.
2. Turn heat up to high and add beef. Cook, breaking it up as you go, until mostly browned.
3. Add Chili Spice Mix. Cook until beef is browned all over. (This step helps release extra flavour from the spices)
4. Add remaining ingredients (beans, tomatoes, paste) with 1/2 cup of water.

Quick Cook – 20 to 40 minutes, uncovered, on medium low heat so it's bubbling gently; OR

Slow Cook – 1.5 hours to 2 hours, covered, on low heat so it's bubbling very gently.

Serve over rice, or in bowl with corn chips or warm tortillas on the side and most importantly the toppings of choice.



Afternoons

with Joel Rheinberger
on 936AM and the ABC listen app

