

GF Friendly

Chilli Con carne

a versatile Mexican chilli dish with tomato and onion

This Mexican favourite can be served on its own; or wrapped in tortillas for burritos and fajitas; and as a filling for tacos. It is also a handy topping with cheese for nachos; and even as an alternative sauce for spaghetti bolognese.

- 300g beef mince
- 1 medium onion, chopped
- 400g can diced tomatoes
- 70g tomato paste
- 1 tsp minced garlic, or a chopped clove
- ½ tsp cumin, seeds or ground
- 1-2 tpsps chilli powder (your choice)
- 1 Tbsp extra virgin olive oil, or other
- 1 cup water
- salt and pepper to taste (optional)
- *1 can (410g) red kidney beans (optional)



Warm the garlic, cumin and **1 teaspoon of chilli** in a frying pan or wok until just sizzling. Add the onion and stir-fry until softening; then put in the meat, stirring for about 5 minutes while breaking up the lumps. Once the mince is browned throughout, put in the tomatoes, tomato paste and water, bring to the boil; then turn down the heat, cover and simmer for 20-30 minutes. Taste-test now, and if you would like it hotter and spicier, add the second teaspoon of chilli. Just remember, though – once it's in, you can't take it out!

* If you are intending to have frijoles as an accompaniment, the recipe can be found in this month's Budget Recipes BSR16. If not, you may wish to add the kidney beans. Simply drain and rinse them first before stirring them into the cooked chilli mixture.

Continue cooking with the lid off to reduce the liquid – much depends on how dry you want the chilli and whether you are going to serve it as in the photo above; or as a filling for tacos, burritos, etc.

Why not give it a go?

Serves 4 with frijoles and tortillas

Freezes well

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