



# chilli con carne

recipe created by



## ingredients

1 tsp chilli powder  
1 tsp ground cumin  
1 tsp of paprika  
1 tsp salt  
1 tsp of black ground pepper  
grated cheese  
sour cream  
100g frozen peas  
1/2 red pepper  
2 cubes of dark chocolate  
cup of basmati rice

350g mince beef mince  
1 onion  
2 celery  
1 carrot  
2 garlic cloves  
1 can of 400g chopped tomatoes  
Worcester sauce (10 drops)  
big pour of red wine  
1 beef stock cube in 300ml water  
2 red chillies  
1 tsp sugar

## method

- **step 1** - prepare your vegetables. chop 1 large onion into squares, it can be as big or small as you like. heat oil in the pan and for 1-2 mins then add the onion
- **step 2** - cut 1 red pepper in half lengthways, cut the carrots and celery. peel and finely chop 2 garlic cloves
- **step 3** - add the all the vegetables, carrots celery and red pepper and cook, stirring fairly frequently, for about 5 minutes, or until the onion is soft, squidgy and slightly translucent
- **step 4** - add the garlic and all the spices including the salt and pepper. stir this for about 5 minutes
- **step 5** - add the minced beef and break it up in your pan until all the mince is browned off
- **step 6** - make the sauce. crumble 1 beef stock cube into 300ml hot water. pour this into the pan with the mince mixture
- **step 7** - add a 400g can of chopped tomatoes and 1 tsp sugar
- **step 8** - simmer it gently. bring the whole thing to the boil, give it a good stir and put a lid on the pan. turn down the heat until it is gently bubbling and leave it for 20 minutes
- **step 9** - add a few shots of red wine and the chocolate and simmer for another 5 minutes
- **step 10** - taste a bit of the chilli and season. it will probably take a lot more seasoning than you think
- **step 11** - boiling water in a pan, add 1 cup of rice to 2 cups of water. bring to boil and leave the lid on, let it simmer for 12 mins
- **step 12** - ready to serve with sour cream and cheese on top