

## *Chilli con Carne*

---

Ref:

**Serves 4**

**Cuisine: MEXICAN**

Preparation Time: 30 Minutes

Cooking Time: 45 Minutes

### **Ingredients:**

750g	Red Peppers, sliced
500g	Red Onions, sliced
3 Cloves	Garlic, crushed
500g	Cup Mushrooms, cleaned and sliced
3	Red chillies, chopped finely
3 kg	Beef Mince
2 tbsp	Plain Flour
5 tbsp	Tomato Paste
1.5L	Beef Stock
750 ml	Red wine eg; Rioja
1 kg	Red Kidney Beans
5 Pinches	Fresh Coriander, Chopped
Soured Cream	
Chopped Chives	
Lime wedges	

### **Method:**

1. Heat a large pan on the hob then add the peppers and sizzle to a charred at the edges feel
2. Add the onion and fry without colouring
3. Add the garlic, mix and fry for a few minutes
4. Add the beef mince and colour it
5. Add the red wine and bring it to a boil to burn off the alcohol
5. Add the flour and stir in.
6. Add the tomato paste to bring in some colour and flavour
6. Add the stock and stir-in.
7. Add the red kidney beans and mushrooms
8. Add the chillies and reduce to your taste
9. When ready to serve - drizzle the soured cream over and provide office and

### **To Serve:**

Serve in bowls with a lime wedge and coriander sprinkled over. Serve with rice of your choice, breads or side salad/ Mexican slaw.

**Chef's Notes:**

Add some chocolate during cooking for authenticity