

Chilli Con Carne

Serves: 6- Cook time: 1 hour

Ingredients

2 medium onions
2 cloves of garlic
2 medium carrots
2 sticks of celery
2 red peppers
Olive oil
1 heaped teaspoon chilli powder
1 heaped teaspoon ground cumin
1 heaped teaspoon ground cinnamon
Sea salt and freshly ground black pepper
1 x 400g tin of chickpeas
1 x 400g tin of red kidney beans
2 x 400g tins of chopped tomatoes
500g good-quality minced beef
1 small bunch of fresh coriander
2 tablespoons balsamic vinegar
400g basmati rice

Natural yoghurt and guacamole to serve

1 lime

Method

1. Peel and finely chop the onions, garlic, carrots and celery - don't worry about the technique, just chop away until fine.
2. Halve the red peppers, remove the stalks and seeds and roughly chop.
3. Place your largest casserole-type pan on a medium high heat.
4. Add 2 lugs of olive oil and all your chopped vegetables.
5. Add the chilli powder, cumin and cinnamon with a good pinch of salt and pepper.
6. Stir every 30 seconds for around 7 minutes until softened and lightly coloured.
7. Add the drained chickpeas, drained kidney beans and the tinned tomatoes.
8. Add the minced beef, breaking any larger chunks up with a wooden spoon.
9. Fill one of the empty tomato tins with water and pour this into the pan.
10. Pick the coriander leaves and place them in the fridge.
11. Finely chop the washed stalks and stir in.
12. Add the balsamic vinegar and season with a good pinch of salt and pepper.
13. Bring to the boil and turn the heat down to a simmer with a lid slightly askew for about an hour, stirring every now and again to stop it catching.
14. Top with coriander.
15. Serve with rice, crusty bread, jacket potato, nachos or cous cous.

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