

Chili con carne

This simple Mexican classic is worth the time and effort, and is a great option to take to school for lunch.



Ingredients (Makes 4 servings):

500g minced beef/pork (poultry can be used for a healthier option)
500ml stock or consommé
1 400g tin of chopped or whole peeled tomatoes
1 400g tin of red kidney beans, drained and rinsed (available at *Gyōmu Super* 業務スーパー)
1 large onion or 2 medium onions, finely diced
1 bell pepper, diced
2 cloves of garlic, finely chopped (or 2 tspn minced garlic)
1 tspn honey (ordinary sugar can be used instead)
2 tbsp tomato purée / tomato paste
2 tbsp mild chili powder (or 1 tbsp hot chili powder)
1 tbsp ground cumin
1 tbsp ground coriander
1 tsp cinnamon
2 tbsp oil
Salt and pepper

Method:

1. In a large pan, fry the minced meat in 1tbsp of oil, on a medium heat until well browned, then set aside in a strainer to drain excess fat.
2. In the same pan, add the rest of the oil, the onion, garlic and pepper and sauté for 5 minutes on a medium heat until soft. This should lift any caramelised flavour from the bottom of the pan, left from the meat.
3. Add the spices, honey and tomato purée / paste and cook for 3 minutes on a low heat, stirring regularly.
4. Add the stock, tomatoes and meat into the pan, stir well and bring to the boil. Then simmer gently, uncovered for 1 hour on a low heat, stirring occasionally. This will thicken the sauce and create a great flavour.
5. Before serving, add the beans and cook gently for 10 minutes. Season to taste.
6. Serve with rice. Avocado slices or guacamole make great toppings and can mellow the spice.
7. This chili will keep in an airtight container, refrigerated for up to 3 days.

By Joni Longden