Chilli con Carne

NIBBLEDISH CONTRIBUTOR

Ingredients

- 500g minced meat (I used beef)
- 5 tomatoes, blanched, peeled and diced
- 2 tbs tomato paste
- 1 onion chopped
- 3 garlic cloves chopped
- 1 can red beans
- chilli powder to taste

Instructions

This dish is for my eldest daughter ;)!

- Heat some olive oil in a saucepan.
- Add minced meat. Season with salt and pepper. Cook, stirring to break mince until brown. Set aside.

- Heat 2 tbs olive oil, add onion and garlic, stir, add diced tomatoes.

- Cook on medium heat until tomatoes are soft. Cover and reduce heat. Add tomato paste. Add some salt. Let simmer for about 15 mins.

- Add meat, stir, add drained beans. Add chilli powder to taste. Cover and let simmer for 15-20mins. (If it is a bit dry, add some water or stock and bring to the boil before letting simmer.)

Enjoy on hot tortillas or crusty bread :p!