

ANNE'S KITCHEN AT THE WILLOW TEA ROOMS

CHILLI CON CARNE

Serve with plain rice or pitta bread and crème fraiche or sour cream

Serves 4

Ingredients

2tbsp oil
500g lean minced beef
1 large onion chopped small
2 clove of garlic peeled and chopped
1tsp cumin
1tsp turmeric
1tsp chilli powder
1tsp cajun spice
2tbs tomato puree
400g tin chopped tomatoes
1 beef stock cube, added to ½ pt hot water
A dash soy sauce
A dash oyster sauce
3tblsp plum sauce
3tblsp hot chilli sauce
410g tin kidney beans, drained
1 green pepper deseeded, chopped small
Salt and pepper

Method

Put your pot on hob over a medium/high heat, add the 1 tbsp of oil, when hot add the beef and brown, break it up with your spoon, keep stirring for at least 10 minutes till there are no lumps.

In another pot, heat to medium add 1 tbsp oil, add the onions and cook, stirring frequently for about 5 minutes add the garlic, cook for another couple of minutes.

Add the onions and garlic to beef, stir to mix, add the seasonings, and give a good stir. Add tomato puree, chopped tomatoes, stock, and sauces and give a good stir. Add green pepper and kidney beans. Bring to the boil and simmer gently, put a lid on the pot, check the pot occasionally to stir and make sure it doesn't catch the bottom of the pan. If it looks dry add more water. Simmer for at least 1 hour. Check the seasoning, add salt and pepper.