

# RSP's

# Chilli Con Carne

RECIPE BY ROSE STREET PANTRY

SERVES 4

## INGREDIENTS

- 500g beef mince (can also use chicken mince or tofu)
- 1 teaspoon of sugar (any type or maple syrup) if needed
- Large pinch of salt (Murray River) and Cracked pepper to taste
- 2 teaspoons of paprika
- 2 tablespoons olive oil (Mount Zero)
- 40g / 2 tablespoons of butter
- 2 cans of red kidney beans
- Garlic – 6 cloves – peeled and chopped
- Chilli oil mix, chilli sauce or chilli powder – quantity to your liking
- 1 jar of tomato paste (approx. 150-200g)
- 1 red capsicum
- 1 tin of tomatoes
- 1 onion (any type) diced
- 1 teaspoon of beef stock powder
- Fresh herbs including a bunch of coriander (keep leaves to serve)
- 3-4 fresh tomatoes or 2 punnets of cherry tomatoes
- Corn chips, sour cream, avocado and grated cheese to serve
- 1 lemon
- 1 teaspoon of cumin

## METHOD

- STEP 1** Chop onion and garlic and fry in olive oil and butter with herbs, salt and pepper for approx. 10 minutes with the lid on. Keep coriander leaves until the end.
- STEP 2** Add 1 tablespoon of chilli oil mix, chilli sauce or a smaller amount of chilli powder depending on how spicy you like your food.
- STEP 3** Add paprika, cumin and beef stock powder and stir until fragrant.
- STEP 4** Add beef mince and stir through the onion and spice mixture. Add chopped red capsicum. Once the beef is browned add the tomato paste and tinned tomatoes.
- STEP 5** Add the kidney beans and zest of 1 lemon. Taste and season accordingly with salt, chilli and sugar if needed
- STEP 6** Add the diced tomatoes, lemon juice (half the lemon) and chopped coriander leaves
- STEP 7** Serve with corn chips, avocado, sour cream, grated cheese and lemon wedges