

Chilli con carne

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Ingredients

- 250 g Beef
- 300 g Canned beans
- 2-3 Onions
- 200 g Tomatoes ((a couple of medium fresh or a can of canned))
- 2-3 cloves Garlic
- 20 g Tomato paste
- Hot pepper
- Salt, cayenne pepper, smoked paprika, cumin, good cocoa powder, dash of Worcestershire sauce, tabasco sauce
- For serving fresh coriander, cheese, yogurt or sour cream
- For stewing in wine or broth

Instructions

1. Brown the meat, remove from the pot and set aside
2. Caramelize the onions
3. Add the garlic to the pot with the onions, fry for half a minute until it becomes fragrant. Add tomatoes, paste, spices and meat. Simmer for about an hour. Taste for seasoning. If you like it sharper, make it sharper :)
4. Add the canned beans and saute some more to combine the flavors.
5. Turn off the pot and let it stand.
6. Serve with a spoonful of yogurt or sour cream and coriander leaves. Or with grated cheese. Or with tacos, cheese, guacamole. Many delicious ways to eat chilli with meat stew.

