

# 1. Chilli con Carne



This was one of the first easy recipes I learnt to cook and can be mastered in just a few attempts! It's healthy, cheap and tasty and makes the ultimate student food. You can make a large batch of this and then store in the fridge for days or freeze for weeks.

## Ingredients

Ground/minced beef 500g  
1 Large onion chopped  
2-3 Cloves of Garlic  
1-2 Tins of chopped tomatoes 400g  
Squeeze of tomato puree  
1 teaspoon of chilli powder (or to taste)  
1 teaspoon of ground cumin  
dash of Worcester sauce  
Sprinkle of salt and pepper  
1 Chopped red pepper  
1 tin of drained kidney beans 400g

## Method

- 1) Fry the onion in a hot pan with oil until nearly brown then add chopped garlic
- 2) Add the mince and stir until brown - drain any excess fat if desired
- 3) Add all dried spices and seasoning then reduce heat and add chopped tomatoes
- 4) Stir well and add tomato puree and worcester sauce then leave to simmer for about an hour (less if you're in a rush)
- 5) Add the chopped red pepper and continue to simmer for 5 mins, then add the tin of drained kidney beans and cook for a further 5 mins. If the chilli become too dry at any point just add a bit of water.

Serve with rice, jacket potatoes or pasta!