

Beef Chilli



Ingredients

- 500g lean minced beef
- 1 onion, peeled and finely chopped
- 1 red bell pepper, finely chopped with seeds removed
- 4 cloves of garlic, peeled and cut finely
- Chillies according to one's taste
 - Everyone has a different opinion here... I change it up all the time, using different amounts and varieties of chilli peppers
- Tin of kidney beans or mixed beans, drained and rinsed
 - Alternatively, use dried beans previously prepared according to the guidelines
- Tin of chopped tomatoes
 - Fresh tomatoes are fine too, but the tinned variety come in a nice juicy sauce that works wonders for this dish
- Dollop of tomato puree
- Cumin to add a hint of fragrant sweetness
- Salt and pepper
- Olive oil

Procedure

1. Heat a little olive oil an a large saucepan or wok
2. Put in the onion and red pepper, and cook until they begin to soften
3. Add the meat and fry, turning occasionally, until browned all over
4. Add the chillies and garlic and mix well and season with cumin and a small amount of salt and pepper
5. Add the beans, tomatoes, and tomato puree and mix well
6. Cover and bring to the boil, then allow to simmer for at least an hour, stirring occasionally
7. Serve with pasta or baked potatoes, or as a filling for tacos