

Chili Con Carne

Ingredients

For 5 people
500 g of ground beef
a little olive oil
2 onions
2 cloves of garlic (optional)
3 peppers
1 can of crushed tomatoes, or tomato coulis
1 large can of red beans
Tabasco
parsley, Provence herbs
Rice

Preparation

1. In a frying pan, wok or Dutch oven, cook the meat, stirring to separate large lumps. Drain the juice and reserve separately.
2. Pour a little olive oil into the bottom of the frying pan and brown the sliced onions. Meanwhile, cut the peppers into small pieces, then add them to the onions. Finally, add the tomatoes.
3. Season the vegetables with chopped garlic, Provence herbs and a little Tabasco. Salt and pepper.
4. When the mixture is almost cooked (15 minutes), add the meat and the drained red beans. Cook for a few more minutes, adjust the seasoning and add the chopped parsley.

Accompagnement

Served with rice.
You can also add grated Gruyere cheese to the plate.