

Chile Con Carne

Ingredients

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

Preparation

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

Accompagnement

Uses accompanied by rice.
You can also add grated Gruyère to the plate.