

Chilli con Carne (6-8 portions; 1½ hrs)

For the substance

2 red onions
2-3 cloves garlic
750g lean minced beef

2 peppers
1 tin kidney beans
1 tin baked beans
2-3 tins of mixed pulses or beans of your choice (borlotti, canellini, black-eye etc.)
1 tin peeled plum tomatoes

1 stock cube or pot
~6 tbsp olive oil for frying

Chop the garlic and slice the onions, and fry till they soften. Add the mince and fry till the meat is cooked through. Boil off some of the juices.

Boil the kettle, dice the peppers, and drain & rinse the beans (apart from the baked beans!). Add all the beans, peppers, tomatoes, and stock cube to the pot. Mix well.

Add hot water until all the ingredients are covered.

For the spices

1½ tsp oregano
3 tsp smoked paprika
1 flat tsp cayenne pepper
3 tsp hot chilli powder

Add all the spices to the pot (rounded teaspoons unless otherwise noted).
Be careful with the cayenne pepper!

Bring to the boil, stir well, then cover and cook for about 40 minutes. Top up water if needed.