

Chili Sin Carne

Ingredients

1 onions, finely chopped
2 cloves garlic, minced
1/2 dried chili peppers, minced
1 green peppers, diced
2 tbsp canola oil
1 2/3 cup canned tomatoes (diced)
2 tbsp tomato paste
ground pepper to taste [optional]
1 tsp ground cumin
2 tbsp brown sugar
1/2 cup vegetable broth, low-sodium
2 tbsp water, if necessary
3 cups beans/lentils/legumes (canned)
1 pinch salt [optional]
1 tbsp fresh cilantro, chopped [optional]
1 limes [optional]

Directions

Step 1:

Prepare the vegetables. Finely chop the onion, mince the garlic and chili pepper, and finely dice the bell pepper.

Step 2:

Heat the oil in a skillet or a pan over medium heat. Cook the onion and garlic about 3 min until the onion is soft and translucent, with occasional stirring, paying attention not to let them burn.

Step 3:

Add the diced tomatoes, tomato paste, diced bell pepper, minced chili pepper, cumin, and brown sugar. Pour in the warm broth. Cover and cook 15 min, checking occasionally that the mixture stays moist. Add water if necessary.

Step 4:

Drain the legumes, rinse them and drain again. Add them to the pan, mix well, and cook an additional 20 min. Add salt and pepper to taste. Sprinkle with freshly chopped cilantro leaves, garnish with lime wedges, then serve.

THE
COOKERY

by The Secret Jozi Chef

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