

HOW TO MAKE

Chilli con carne



INGREDIENTS

Tablespoon: tbsp

Teaspoon: tsp



500g beef mince



1/2 cup water
or stock



1 red capsicum



1 zucchini



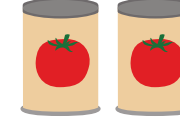
1 carrot



2 garlic
cloves



1 can
4-bean mix



2 cans chopped
tomatoes



1/2 tsp
salt



1/2 tsp
pepper



2 tbsp
olive oil



1 onion



1/4 tsp cayenne
pepper (optional)



1/2 tsp
cinnamon



1 tsp
cumin



1 tsp sweet
paprika



1 tsp ground
coriander

Optional,
to serve:



Coriander



Corn chips



Sour cream



Guacamole



Cheese

Indigenous additions and swaps

- Swap salt for saltbush flakes.
- Swap pepper for ground pepperberry.
- Add murnong, vanilla lily, bulbine lily or chocolate lily tubers – finely chopped.
- Ground bush tomato to garnish.
- Native pennyroyal to garnish.
- Native oregano to garnish.

Tips and variations

- Use kangaroo mince instead of beef
- Variations: serve with rice, salad or wrap your chilli mix in large tortillas to make burritos.
- You can use any beans you like – black beans, refried beans, kidney beans, pinto beans. You can also use dried beans if you prefer and follow the packet instructions to prepare.



Step 1: Cook the veggies

Chop 1 onion, 1 carrot, 1 capsicum, 2 sticks celery, 1 zucchini and 2 cloves of garlic nice and small. Heat a pot with 2 tbsp of oil and then add the chopped veggies. Fry the veggies on medium heat until they are lightly browned - about 5 minutes.



Step 2: Brown the mince

Add the 500g of mince to the pot with the veggies and break it up with a wooden spoon. Fry the meat on medium heat until the meat is brown - about 5 minutes.



Step 3: Make the sauce

Add the spices: 1 tsp ground cumin, 1 tsp ground coriander, 1 tsp ground sweet paprika, 1/2 tsp ground cinnamon and 1/4 tsp cayenne pepper to the pot and fry for 2 minutes, then add the 1 tin of crushed tomatoes, 1/2 cup of water and 1 tin of 4-bean mix.



Step 4: Slow simmer

Add 1 tsp salt and 1/2 tsp pepper and then simmer on low for 30 minutes, with the lid off so it will thicken up.



Step 5: Serve up

Serve chilli con carne on rice or with corn chips and sour cream, cheese and guacamole.