



"JUGGLING TWO HATS"

**Kickin' Chilli Con Carne – The Farmer and the Cook – August 2018**

Ingredients

Olive Oil

1 Medium onion chopped

2 Garlic cloves chopped

1 red capsicum

1 Chilli (not the hot bird's eye chillies)

500 g Beef mince

1 can of red kidney beans

1 can of chopped tomatoes

2 Tbs Tomato Paste

1 cup beef stock

1 tsp each of smoked paprika (normal is fine), cumin, coriander, Mexican chilli powder, dried oregano

Splash of Worcestershire sauce and light soy sauce (my two secret ingredients that make it into most of my dishes)

Method

1. Heat some olive oil in a fry pan and cook the onion and garlic, capsicum and chilli until soft. Add the beef mince and brown it thoroughly
2. Add the cans of kidney beans, tomatoes and tomato paste. Give it a good stir and then add in the beef stock and spices
3. Stir in the sauces and let it simmer for a good 20 minutes or until it has thickened
4. We like to serve ours with baked potatoes (cooked in the microwave first for 10 minutes to quicken the process), grated cheese, sour cream and sriracha. You can also serve it with cooked rice.
5. You can add a pinch of fresh coriander and lime wedges too.