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www.cullensbutchers.com

BEEF CHILLI

Ingredients:

- 1 LB Minced Beef
- 1 tsp Oil
- 1 Garlic Clove crushed
- 1 Onion chopped
- 1 tsp Chilli powder
- Half a chopped Red Chilli (add to taste)
- 1 tsp Ground Cumin
- 1 Tin Chopped Tomatoes
- 1 Stick Cinnamon (to be removed once cooked before serving)
- 125 ml Water
- 1 Can of Red Kidney Beans

Preparation:

Heat the oil in a large frying pan.
Add the beef mince and brown.
Add the chopped onions, garlic and chopped red chilli.
Cook for 1 min.
Add the cumin, chilli powder, tin tomatoes and water.
Add the cinnamon stick.
Stir occasionally during cooking.
Cook for 30 minutes, adding the red kidney beans after this time
and cook for a further 15 minutes.
Remove the cinnamon stick.
Serve with Cooked Rice.

Garnish with sour cream.

Tip: Make extra and freeze

Great Alternative use: CHILLI TACOS

Dinner made easy another night!
Just let defrost fully and reheat until cooked through.
Serve hot in warmed tacos shells
with salsa, guacamole and sour cream.