

Chilli con Carne

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large frying pan
measuring cups and spoons
cutting board and knife
heatproof stirring spoon
garlic crusher/mincer

Do this

with these **ingredients**

1. In the frying pan, over a medium heat, **warm**

1 TBS **extra virgin olive oil**

2. **Add** and **sauté** for 5 minutes

1 large **onion**, chopped

1 large **red or green pepper**, chopped

3. **Add** and **stir** until fragrant

1 large clove **garlic**, crushed/minced

1 tsp **dried oregano**

1 tsp **ground paprika**

1 tsp **ground cumin**

1 tsp **ground cinnamon** (optional)

½ - 1 tsp **unrefined salt**

½ - 1 tsp **ground chilli powder**

4. **Add**

500 g/1 lb **ground/minced beef**

5. **Cook** for 5 minutes while breaking up any lumps.

6. **Stir in**

700 g/~3 cups **bottled tomato passata**

1 TBS **bone broth powder** (optional)

7. **Simmer** for 30 to 40 minutes.

8. **Add** and heat through for 10 minutes

1 can **red kidney beans**, rinsed and drained

9. **Serve** topped with

sour cream or Greek yoghurt (opt.)

diced **avocado** (optional)

grated **cheese** (optional)

chopped **green onions** (optional)

sprinkle **dried chilli flakes** (optional)

