

Chilli Con Carne



Cooking time: 30 mins

Serves: 4

how to cook

- 1 Melt the butter in a flameproof casserole. Add the onions and garlic and fry gently for 5 minutes until golden. Stir in the beef and cook, stirring for 10 minutes.
- 2 Mix together the chilli powder, cumin and tomato puree and stir into the beef. Add the kidney beans, stock and salt and pepper to taste.
- 3 Cover and allow to simmer for 25 minutes.
- 4 Sprinkle with chopped parsley and serve hot, with plain boiled rice or crusty French bread.

what you need

- 500g John Penny minced beef
- 50g butter
- 2 large onions finely chopped
- 2 cloves garlic crushed
- 2 tsp chilli powder
- 4 tsp cumin powder
- 65 g can tomato puree
- 2 x 425g cans red kidney beans, drained
- 300 ml beef stock
- salt and freshly ground black pepper
- chopped parsley

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