

Chilli con carne

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Ingredients

- 250 g Beef
- 300 g Canned beans
- 2-3 Onions
- 200 g Tomatoes ((a couple of medium fresh or a can of canned))
- 2-3 cloves Garlic
- 20 g Tomato paste
- Hot pepper
- Salt, cayenne pepper, smoked paprika, cumin, good cocoa powder, dash of Worcestershire sauce, tabasco sauce
- For serving fresh coriander, cheese, yogurt or sour cream
- For stewing in wine or broth

Instructions

- 1.** Brown the meat, remove from the pot and set aside
- 2.** Caramelize the onions
- 3.** Add the garlic to the pot with the onions, fry for half a minute until it becomes fragrant. Add tomatoes, paste, spices and meat. Simmer for about an hour. Taste for seasoning. If you like it sharper, make it sharper :)
- 4.** Add the canned beans and saute some more to combine the flavors.
- 5.** Turn off the pot and let it stand.
- 6.** Serve with a spoonful of yogurt or sour cream and coriander leaves. Or with grated cheese. Or with tacos, cheese, guacamole. Many delicious ways to eat chilli with meat stew.

