



# CHILLI CON CARNE

## Ingredients (serves 4)

- 2 medium onions (diced)
- 1 clove of garlic (crushed)
- 1 tbsp olive oil
- 2 tsp of chilli powder
- 1 fresh red chilli, deseeded and finely chopped
- 1 heaped tsp ground cumin
- sea salt and freshly ground black pepper
- 500g minced beef
- 4 large tomatoes or 2 x 400g tin tomatoes
- 1/2 stick of cinnamon or 1 tsp ground cinnamon
- 1 x 400g tin red kidney beans (drained)
- 1 x 400g tin chickpeas (drained)



### **Method**

- 1) Use a metal pan or casserole dish with a lid that can be used on a hob & oven
- 2) Preheat oven to 150oC
- 3) Add oil to the pan and fry onion & garlic until soft\
- 4) Add the chilli powder, fresh chilli, cumin & a little seasoning
- 5) Now add the mince & continue to cook, stirring until browned
- 6) Now add tomatoes, cinnamon & a wineglass of water (not wine). Season some more if need be.
- 7) Bring to the boil, cover with greaseproof paper and the lid, then either turn the heat down & simmer for 1 hour 30 mins or transfer to the oven for 1 hour 30 mins
- 8) Add the kidney beans 30 mins before the end of cooking time
- 9) Always tastes better when cooked the day before. Serve with salad, guacamole, rice



# GUACAMOLE

## Ingredients

- 3 avocados - peeled, pitted, and mashed
- Juice of one lime, fresh squeezed
- 1 tsp salt
- 75g diced onion
- Handful chopped fresh coriander
- 2 small tomatoes, diced
- 1 garlic glove, crushed
- 1 pinch ground cayenne pepper (optional)

## Method

- 1) In a medium bowl, mash together the avocados, lime juice and salt. Mix in the onion, coriander, tomatoes, garlic and cayenne
- 2) Refrigerate, covered, for one hour, then serve

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