

# Chili con Carne

Classic recipe.

Chili = Red Kidney beans.

Chilli = fiery peppers.

Carne is for carnivore.

**Mexico**<sup>1</sup> is the origin.

## Ingredients

- 225 g (dry weight) red kidney beans
- 450 g minced lamb or beef
- 1 medium onion
- 30 ml sunflower or other cooking oil
- 400 g can of chopped tomatoes
- 10 ml **FAIRTRADE** chilli powder
- 2 cloves garlic chopped fine
- 30 ml tomato pur
- 1 red pepper (capsicum)

## Method

Weigh the beans and put them in a bowl. Cover with cold water and leave overnight.

### To cook the soaked beans:

Bring a pan of water (1500ml) to the boil. Add the drained beans and boil vigorously for 15 minutes.

Drain and throw away the water.

Cover the beans well with fresh water and bring back to the boil.

Simmer for 90 minutes to 2 hours until the beans are cooked.

## Meanwhile

Skin and chop finely the onion.

Skin and chop the garlic.

Deseed and chop the peppers.

## Then:

Fry the onions, and garlic together for a few minutes.

Add the chilli powder and mincemeat and fry until the meat is browned. (This take about 4 or 5 minutes)

## Then:

Add the cooked and drained beans, tomatoes, and tomato pur.

Heat through, and then cook for a further 10 minutes to allow the flavours to mingle.

Serve with **rice**<sup>2</sup> or **couscous**<sup>3</sup>, and a **raita**<sup>4</sup>.

## Variation

Alternative serving:

Make a plain pancake for each person using the **standard pancake**<sup>5</sup> mix.

<sup>1</sup><http://www.fairtradecookbook.org.uk/countries/mexico.htm>

<sup>2</sup>[http://www.fairtradecookbook.org.uk/recipes/rice\\_boiled.htm](http://www.fairtradecookbook.org.uk/recipes/rice_boiled.htm)

<sup>3</sup><http://www.fairtradecookbook.org.uk/recipes/couscous.htm>

<sup>4</sup><http://www.fairtradecookbook.org.uk/recipes/raita.htm>

<sup>5</sup><http://www.fairtradecookbook.org.uk/recipes/pancakes.htm>

Place the pancake on a plate and spread a layer of the cooked meat and beans mixture on one half of the pancake and fold over.

Serve with brussel sprouts or broccoli, and carrots.