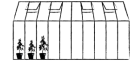


Chilli Con Carne



Jaz Mathisen

AWAKINO STATION

Mince alone is extremely versatile and when you turn that mince into a chilli you have endless options for a delicious yet fulfilling meal.

Ingredients:

- 1kg mince, beef or venison
- 1 onion, finely diced
- 1 large carrot, finely diced or grated
- 4 cloves garlic, crushed
- 2 tbsp each of cumin, paprika, and dried oregano
- 1/4 tsp dried chilli
- 1/2 cup tomato paste
- 1 tin crushed tomatoes
- The crushed tomato tin filled with water
- 1 tin red kidney beans, drained
- 1 tbsp brown sugar
- 1 tbsp Worcestershire sauce
- 2 beef oxo cubes
- 2 squares of dark chocolate
- Salt and pepper to taste

Method:

1. In a large frying pan or Dutch oven, brown the mince. Add the onion, carrot and garlic and stir for another 5 minutes, until everything is nicely caramelised.
2. Add the spices and stir for another minute.
3. Add the remaining ingredients, except for the chocolate, stir, and bring to the boil.
4. Simmer for at least an hour until the sauce has reduced and you have a thick and flavourful chilli.
5. Right before serving, add the chocolate. The chocolate helps add depth and richness to the chilli.
6. Taste and season with salt and pepper.

Tip: For feeding extra mouths, try adding a tin of baked beans. It's a great cost-effective way to bulk up the recipe.