

Chilli con Carne

Ingredients

2 tbsp olive oil
2 onions, chopped
2 garlic cloves, crushed
1kg/2¼lb lean beef mince
250ml/9fl oz red wine
2 x 400g cans chopped tomatoes
3 tbsp tomato purée
2 red chillies, thinly sliced, or 3-4 tsp dried chilli flakes
1 tsp ground cumin
1 tsp ground coriander
1 stick cinnamon
good shake of Worcestershire sauce
1 beef stock cube
salt and freshly ground black pepper
2 x 400g can red kidney beans, rinsed and drained
1 large bunch coriander leaves, roughly chopped
wedges of lime, to serve

1. Heat the oil in a large, heavy-based saucepan with a lid and fry the onion and garlic until softened. Increase the heat and add the mince, cooking quickly until browned and breaking down any chunks of meat with a wooden spoon.
2. Pour in the red wine and boil for 2-3 minutes.
3. Stir in the tinned tomatoes, tomato purée, fresh chilli or chilli flakes, cumin, coriander, cinnamon, and Worcestershire sauce and crumble in the stock cube. Season well with salt and freshly ground black pepper. Bring to a simmer, cover with a lid and cook over a gentle heat for about 50 minutes to 1 hour, stirring occasionally until the mixture is rich and thickened.
4. Add the kidney beans and fresh coriander. Cook for a further ten minutes, uncovered, before removing from the heat, adding any extra seasoning if necessary. Serve with rice, guacamole, sour cream and a big green salad.