

Anything Con Carne

Serves 4-6

Ingredients

1kg leftover roast meat shredded or chopped

2 tins chopped tomatoes or 4 large tomatoes

750gm tin kidney beans or any lentils you have leftover

1 onion, diced

2 red capsicums, chopped into small pieces

3 cloves garlic, crushed

1 red chili, diced finely

1 tbsp cumin seeds

1 tbsp cinnamon powder

2 tbsp hot chili powder

5 tbsp worcestershire sauce

1 tbsp sugar

Olive oil

Salt to taste

Method

Into a large pan heat a small amount of olive oil and on a medium heat sweat the onions with a pinch of salt for a few minutes. Add the cumin seeds and heat to release flavor for a minute then add fresh chili and garlic, cook for another minute.

Add the mince and cook until brown. Put in the chopped capsicums and remaining spices, chili powder, cinnamon and salt to taste. Now add the tinned tomatoes, worcestershire sauce and sugar and turn the heat up to a boil. Once it reaches a boil, turn down and simmer for about ten minutes, stirring every now and then.

After ten minutes drain the beans, add to the chilli and cook another five minutes or until cooked. Remember to taste and add more or less to your liking of the salt and spices. Serve on a large bed of baby spinach with guacamole. Sour cream and cheddar optional (naughty but a delicious optional).

NOTE: The longer you cook this on low the better it will taste but can be done in 20 minutes if you are time poor. It always tastes better the next day. Other serving options, a jacket sweet potato, bed of quinoa or some lentils.

Recipe courtesy of
Rebecca Sullivan



Merry
Wastemas