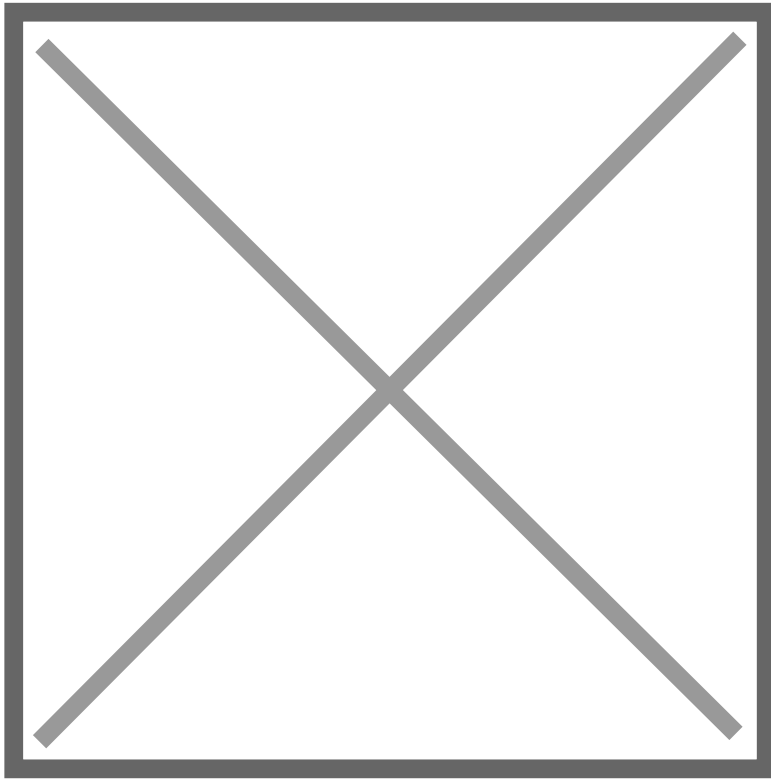


# Chili Con Carne

From: [jamieoliver.com](https://www.jamieoliver.com)



“This hearty, all-time classic chilli con carne recipe is hard to beat – delicious!”

Prep	1:15
Yields	6 servings

## Ingredients

- 2 medium onions
- 2 cloves garlic
- 2 medium carrots
- 2 sticks celery
- 2 red peppers
- olive oil
- 2 habanero peppers
- 1 heaped teaspoon ground cumin
- 1 heaped teaspoon ground cinnamon
- 400 g or 1 tin of chickpeas
- 400 g or 1 tin of red kidney beans
- 800 g or 2 tins of chopped tomatoes

- 500 g quality minced beef
- 400 g basmati rice

## For garnish

- 500 g natural yogurt
- 0.5 a bunch of fresh coriander
- 2 tablespoons balsamic vinegar
- 1 lime

## Instructions

1. Cook rice.
2. Peel and finely chop the onions, garlic, carrots, and celery – don't worry about the technique, just chop away until fine. Halve the red peppers, remove the stalks and seeds and roughly chop. Remove seeds from habanero peppers and chop them.
3. Heat 2 tablespoons of oil in a large casserole pan on a medium-high heat, add the chopped veg, habanero peppers, cumin, cinnamon and a good pinch of sea salt and black pepper, then cook for 7 minutes, or until softened, stirring regularly.
4. Drain and add the chickpeas and kidney beans, tip in the tomatoes, breaking them up with the back of a spoon, then pour in 1 tin's worth of water. Add the minced beef, breaking any larger chunks.
5. Pick the coriander leaves and put aside, then finely chop and add the stalks to the pan, with the balsamic vinegar. Season with a good pinch of sea salt and black pepper.
6. Bring to the boil, then reduce the heat to low and simmer with a lid slightly ajar for 1 hour, or until slightly thickened and reduced, stir. Serve up with fluffy rice or couscous, a hunk of crusty bread, or over a jacket potato, with some yoghurt, guacamole, and wedges of lime on the side for squeezing over. Sprinkle over the reserved coriander, and some fresh chili, if you like, then tuck in.

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