

LIZ'S STATION COOKING
MAY 2009

HOMESTYLE CHILLI CON CARNE

Preparation & Cooking time: 20
minutes

Total Ingredients: 7+

Enough for 6-8 people



This quick easy recipe can be varied to suit your tastes; if you have mince, then the rest is near all found in your pantry. The kids can even cook it, and love it with just 1 teaspoon of the chilli powder. You can add bacon, mushrooms, capsicum, peas, beans, leftover veggies, more chilli; the list is endless. You can serve it with fettuccine, pasta, rice, tacos, burritos, salad, chips or just toast. Leftovers can be used as a dip with nachos. This is just our basic recipe.

- 1.5kg Beef Mince
- 1 large jar Bolognese Sauce
- $\frac{1}{4}$ cup tomato paste
- 3 teaspoons Mild Mexican Chilli Powder
- 1 medium tin Red Kidney Beans
- 1 tin of Corn Kernels
- Grated cheese or parmesan for toppers

In a non stick pan, brown the mince in a little oil, and transfer into a heavy based deep saucepan. Add all other ingredients, except the cheese, bring to boil and then simmer and stir frequently for 10-15 minutes.

Serve with your choice of sides, and top with cheese.