

# Cowboy Chilli

(serves 4 Cowboys, or 6 Cowgirls)

## Ingredients

500g Minced beef  
Olive Oil  
Onions (one large or two small)  
Garlic (as much as you dare)  
Fresh Chilli and/or Chilli Powder (hotness to suit your taste. Again, how daring are you?)  
Tomato Puree  
13oz Tin of Plum or Chopped Tomatoes  
Mushrooms  
Green and/or Red Peppers  
13oz tin of Red Kidney Beans  
Salt

## Method

1. In a large saucepan, dry fry the mince. Once the fat and lean have separated drain the fat off (to be discarded).
2. Add olive oil (4 tablespoons should be enough).
3. Add the chopped onions, chopped (or pressed) garlic, and chillis and continue to fry all the ingredients together until the onions become soft and the mince is cooked through.
4. Add the chopped (or plum) tomatoes – stir and cook.
5. Add the tomato puree – stir and cook
6. Add the mushrooms (chopped/sliced, as large or small as you like) – stir and cook
7. Add the peppers (chopped/sliced, as large or small as you like) – stir and cook
8. Drain the can of red kidney beans (wash with water if needed). Add the tin of red kidney beans to the saucepan – continue to stir and cook.
9. Add salt to taste (be sparing with this)
10. After 5 minutes serve the chilli with one or more of the following: -
  - Sour Cream
  - Salsa
  - Guacamole
  - Taco shells/nachos/Bread of choice/Rice (basmati or brown)/Jacket potato
  - Quarter of a fresh lime (squeezing the juice into the salsa 9(if taken) and onto the chilli

Please note: this can also be kept for 2-3 days in an air tight container in a fridge so can be portioned out and eaten over 2-3 days.