

Save Our Stomachs

MUM'S SPECIAL CHILLI



Try this retro version of chilli con carne and if you like use some rich, dark chocolate that will just add the right amount of sweetness to this spicy recipe. Use a cheaper beef cut such as stewing or braising steaks that is perfect for long, slow moist cooking

This recipe serves 6 people and takes 10 minutes to prepare and 1½ hours to cook. Reheat any leftovers the next day until piping hot; the flavours will be even better!

Cooking equipment you will need:

- a large casserole dish or saucepan with a lid
- a chopping board
- a sharp knife
- a wooden spoon
- a garlic crusher (if you have one)

Ingredients you will need:

- 2tbsp oil
- 450g Quality Standard boneless braising or stewing beef steaks
- 450g onions
- 2 garlic cloves
- a large jar Mexican or chilli sauce
- a red pepper
- 100g mushrooms
- 1-2 cans red kidney beans, drained if you want your chilli to stretch even further
- 100g good quality plain chocolate
- Handful fresh parsley

To prepare your ingredients:

- Cut the beef into medium-sized cubes
- Finely chop the onions
- Finely crush or chop the garlic
- Deseed and roughly chop the red pepper
- Slice the mushrooms
- Roughly chop the chocolate (if using)
- Finely chop the herbs

To cook the recipe:

- Heat the oil in the casserole dish or saucepan and brown the meat in batches for 4-5 minutes.
- In the same frying pan add the onions and garlic and cook for a further 2-3 minutes
- Stir in the Mexican or chilli sauce, the red pepper, mushrooms, drained red kidney beans and chocolate (if using)
- Bring the sauce to the boil, reduce the heat, cover and cook for 1½ hours, stirring occasionally
- Garnish with the fresh parsley and serve with plain rice, jacket potatoes, potato wedges or chips and vegetables or a green salad