

CHILLI CON CARNE- FOR TACO, BURRITO OR RICE



Category: Fish and meat
main courses

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Total preparation time:
39:35 Minutes

INGREDIENTS FOR 6 SERVES

	1	onion
	2	cloves of garlic
	10 gram	olive oil
	2	carrots
	1	red capsicum
	2	sticks of celery
	1 teaspoon	cumin powder
	1 teaspoon	ground cinnamon
	1 teaspoon	chilli powder/flakes (or fresh)
	1 tablespoon (AUS 20ml)	paprika
	1 teaspoon	black pepper
	1	tin red kidney beans, drained and rinsed
	1	tin chopped tomatoes
	50 gram	tomato paste
	1	tin of corn kernels, drained
	1	tin chick peas, drained and rinsed
	1 tablespoon (AUS 20ml)	balsamic vinegar
	1 tablespoon (AUS 20ml)	veggie stock paste
	500 gram	minced meat

STEP BY STEP - PREPARATION

To see the full recipe, please [log in](#).