

CHILLI CON CARNE- FOR TACO, BURRITO OR RICE



Category: Fish and meat main courses

Created: on 2015-09-28
 Qualified by: Supercook AUS
 Suggested by: ezza
 Total preparation time: 39:35 Minutes

Suitable for machine:

- Supercook SC110
- Supercook SC250
- Supercook SC300
- Supercook SC350
- Supercook SC380
- Supercook SC400

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](#).