

## CHILLI CON CARNE- FOR TACO, BURRITO OR RICE



Category: Fish and meat  
main courses

Created: on 2015-12-12  
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Suggested by: bomayages  
Total preparation time:  
39:35 Minutes

### INGREDIENTS FOR 6 SERVES

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

## STEP BY STEP - PREPARATION

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