



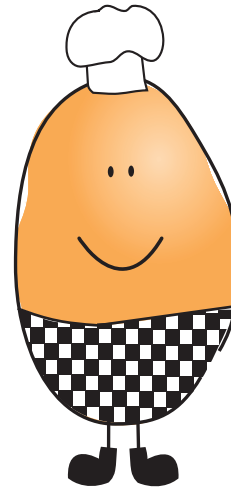
Chili con Carne

Prep Time: 20 minutes

Cook Time: 30 minutes

Total Time: 50 minutes

Serves: 6 persons



Ingredients:

- 1 tablespoon canola oil
- 1 medium yellow onion, diced
- 1 small red or green pepper, diced
- 3 cloves garlic, minced
- 2 carrots, peeled and diced
- 2 tablespoon mild chili powder
- 1 tablespoon ground cumin
- 400g ground beef
- 800g (2 cans) diced tomatoes with juices
- 1 tablespoon tomato paste
- 1 teaspoon sugar
- 400g (1 can) kidney beans, drained and rinsed



Preparation:



1. Heat oil in a dutch oven or heavy saucepan over medium heat.
2. Add onions, peppers, garlic and carrots. Sauté, stirring occasionally, until vegetables soften.
3. Add chili powder, cumin and ground beef, stirring frequently until beef browns completely.
4. Add remaining ingredients. Bring to a boil, then reduce heat to medium-low. Let chili simmer until it thickens, about 20 minutes.
5. Serve topped with shredded cheese, diced onion and/or sour cream, if desired.

Enjoy!

