

CHILI WITH BEANS

SERVES 6

- 2 tablespoons bacon dripping or butter or light oil
 - 1 large onion, peeled and chopped
 - 2 large cloves garlic, crushed
 - 1kg lean minced beef
 - 1 level tablespoon cumin seeds
 - 1 level teaspoon Mexican-style chili powder ¹
 - 1 level teaspoon dried oregano
 - 2 x 425g cans peeled tomatoes
 - 1 to 1/2 cups water
 - 2 x 425g cans Old El Paso Mexe-Beans or red kidney beans
1. Melt bacon dripping or butter or light oil in a large saucepan or flameproof casserole, fry chopped onion and garlic slowly over a low heat for about 10 minutes, to develop a good rich flavour.
 2. Push to one side of the pan then add the minced beef and allow it to brown slightly over a high heat.
 3. Toss cumin seeds in a separate dry pan over a low heat (be very careful, because they burn easily) then add to the mince mixture with the Mexican-style chili powder, dried oregano, canned tomatoes and water. Bring to the boil then lower heat and cover pot. Simmer for about 30 to 45 minutes.
 4. Add the beans and heat thoroughly. Add salt and black pepper to taste. Transfer to a hot serving dish and serve with boiled rice and a little bowl of light sour cream. Accompany the Chili with Beans with crisp t cos lettuce leaves, slices of avocado and either corn chips or taco shells.

¹ Mexican-style chili powder has a different flavour from regular chili powder and is the best one to use for Mexican-style recipes. It's important to note that Mexican-style chili powder contains several other ingredients in addition to chili, such as oregano, garlic, paprika and cumin, so its flavour isn't as hot as other chili powders.