

For Sammy's Taco Meat (See separate recipe on next page)

Mild-Medium spice as written

1kg skirt steak¹ do not substitute

Serves 8

1 sachet of taco seasoning

Cold water

For the Chilli

1 large onion, peeled and chopped

2 large cloves garlic, chopped finely (or crushed)

1 level tablespoon cumin seeds

2 level teaspoons Mexican-style chilli powder²

1 level teaspoon dried oregano

250-375g jar of mild Mexican salsa (Old El Paso Salsa)³

2 x 400-425g cans of crushed tomatoes

3 x 425g cans of Old El Paso Mexe-Beans (or red kidney beans)

Method

1. Get a batch of Sammy's Taco Meat started in a saucepan that's large enough for the meat to come a maximum of half way up the sides.
2. Fry the onion and garlic over a gentle heat in a little oil and/or butter for about 10 minutes to brown and develop a good flavour – Put aside.
3. Toss the cumin seeds in a dry pan over low heat for a couple of minutes until you smell the aroma (be very careful, because they burn easily) – Put aside.
4. Once the taco meat is beginning to break up, probably after about 1½ hours but possibly longer, mix through the onions & garlic, cumin, chilli powder, oregano, Mexican sauce, and the tomatoes (with the liquid from the can).

*** You may need to add a little additional water at times to get the right consistency ***
5. Return to the boil then continue simmering for 30 minutes, stirring occasionally.
6. Add the drained and rinsed beans, stir through.
7. Season to taste with plenty of Salt, Pepper, Mexican-style chilli powder to taste. (Often requires no further seasoning).
8. After a further 10 minutes or so, once the beans are heated through, serve with rice, sour cream and Mexican-style chilli powder.

¹ Supermarkets sometimes do not keep skirt steak. You may need to go to a butcher.

² Mexican-style chilli powder has a different flavour to regular chilli powder and is the best to use for Mexican recipes. It's important to note that Mexican-style chilli powder contains several other ingredients other than chilli, such as oregano, garlic, paprika and cumin, so its flavour isn't as hot as other chilli powders.

³ There is a Coles brand version sold as "Mexican Sauce" in 250g jars that's perfect. The Mild strength adds a nice flavour, but you can use Medium or Hot if you like a spicier result.