



French Cuisine


MADE SIMPLE

French Chili

Chili con carne

 8 people

 10 mins prep time

 40 mins total time

 Easy

INGREDIENTS

The Bases

- 2.5 cups (500 g) of **tender beef** cut in small bite size pieces
- 1 red **onion** chopped
- ½ red **pepper** chopped
- 5 **garlic** cloves chopped

- 1 ¾ cup (450 g) **canned or fresh tomatoes** cut in ½ pieces
- 1 cup (150 g) **canned corn**
- 2 cups (300 g) **canned red beans**

The Spices

- 4 tsp of **sugar**
- 1.5 tsp **cumin**
- 3 tsp **oregano**
- 1 tsp **chili/cayenne pepper**
- 1 tsp **curcumin**
- **salt and pepper** to taste

Extras

- your favorite **shredded cheese**
- **sour cream**
- **rice**



DIRECTIONS

1. If desiring to eat the chili with **rice**, begin cooking it now.
2. In a large pot, **sauté the onion, garlic, and red pepper** in oil on medium for 5 minutes
3. **Add the beef** and sauté for another 5 minutes. It will not be fully cooked in this step.
4. **Add the remaining ingredients** (except for the beans and “Extras”) and cook on medium for 10 minutes.
5. **Add the beans**, cover, and simmer on low for another 10-15 minutes, stirring occasionally.
6. **Re-season as necessary**, serve in bowls, and sprinkle with cracked pepper, shredded cheese, and sour cream.
7. This chili refrigerates well for 5 days or it can be stored in the freezer for up to 3 months.

Bon Appetit!
Emilie Anne 

