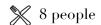
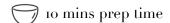


## MADE SIMPLE

# French Chili

Chili con carne







40 mins total time



#### **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

## 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
- 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

### 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
- 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.



