

Chili con Carne

Description

A hearty chili con carne made with seasoned ground beef, kidney beans, sweetcorn, bell pepper and tomatoes. Cumin, paprika and chili give this rich stew its characteristic spicy flavor.

Ingredients

500 Gramm ground beef
1 Stück large onion
2 Zehen garlic cloves
1 Stück red bell pepper
1 Stück yellow bell pepper
2 Esslöffel vegetable oil
2 Esslöffel tomato paste
800 Gramm canned chopped tomatoes
250 Milliliter beef stock
400 Gramm canned kidney beans, drained weight
285 Gramm canned sweetcorn, drained weight
2 Teelöffel sweet paprika powder
1 Teelöffel ground cumin
1 Teelöffel dried oregano
0.5 Teelöffel chili flakes
1 Prise cayenne pepper
1 Teelöffel brown sugar
1 Teelöffel salt
1 Prise black pepper
0.5 Bund flat-leaf parsley or coriander, optional
150 Gramm sour cream for serving, optional

Method

1. Measure all ingredients and prepare a large heavy pot or Dutch oven.
2. Peel the onion, cut it in half and dice it finely.
3. Peel and finely chop the garlic cloves or press them through a garlic press.
4. Halve the bell peppers and remove the stems, seeds and white membranes.
5. Wash and dry the bell peppers, then cut them into small cubes.
6. Place the kidney beans and sweetcorn in separate sieves.
7. Rinse the kidney beans thoroughly under cold water and allow them and the sweetcorn to drain well.
8. Heat the vegetable oil in the large pot over medium-high heat.
9. Add the ground beef to the hot pot and break it apart with a wooden spoon.
10. Fry the ground beef for about five to seven minutes until crumbly and well browned.
11. Lightly season the browned beef with salt and black pepper.
12. Add the diced onion to the beef and cook for about three minutes until translucent.
13. Add the diced bell peppers and cook for another three to four minutes.
14. Stir in the chopped garlic and cook for about 30 seconds.
15. Add the tomato paste and cook it for about one minute while stirring constantly.
16. Add the paprika, cumin, oregano, chili flakes and cayenne pepper.

17. Briefly stir the spices into the meat and vegetables until fragrant.
18. Pour the chopped tomatoes into the pot.
19. Add the beef stock and combine everything thoroughly.
20. Stir in the brown sugar to gently balance the acidity of the tomatoes.
21. Bring the chili to a strong boil.
22. Then reduce the heat and cover the pot with the lid slightly ajar.
23. Gently simmer the chili for about 25 minutes, stirring occasionally.
24. If the chili becomes too thick while cooking, stir in a little additional stock or water.
25. After 25 minutes, add the drained kidney beans and sweetcorn.
26. Gently fold in the beans and sweetcorn so the beans remain intact.
27. Simmer the chili uncovered for another 10 to 15 minutes.
28. Stir the chili regularly to prevent it from sticking to the bottom of the pot.
29. Wash the parsley or coriander, shake it dry and chop it finely.
30. Season the finished chili with salt, black pepper and additional chili flakes if needed.
31. Remove the pot from the heat and allow the chili to rest for about five minutes before serving.
32. Ladle the chili con carne into deep plates or bowls.
33. Garnish with chopped parsley or coriander and a spoonful of sour cream if desired.
34. Serve the chili hot. Bread, rice, tortilla chips or a fresh salad make suitable accompaniments.