

Posted on 17 October 2012

by ewfood

Beef Chili Without Beans

Ingredients

1 1/2kg beef mince
4 red onions - chopped big
2 cans chopped tomatoes
2 tbsp garlic - chopped
1 tbsp pickled jalapeños - chopped small
1 tbsp garlic paste
1 tbsp ginger paste
1 tbsp chili powder
1 tsp red pepper flakes
1 tsp cinnamon
1 cup beef broth
2 tbsp oil
Salt and freshly ground pepper to taste

Preparation

1. Heat a large pan on medium-high heat with some oil.
2. Add the beef with the garlic and ginger paste.
3. Mix and put a dash of salt and pepper.
4. Stir well and allow the beef cook for 15 mintues or till it gets brown.
5. Thereafter, toss in the tomatoes and stir around for a bit.
6. Add in a little broth - to help gather the browned bits stuck to the pan.
7. Pour this all into a large pot.
8. Add the sautéed onions with the rest of the ingredients in the pot.
9. Stir everything around really well and cover.
10. Turn heat on low and allow to cook slowly for 5 hours.
11. Ladle the hot chili in soup bowls and serve with a dollop of the Chili Sour Cream (recipe below).
12. Delicious when eaten with bread.
13.
14. CHILI SOUR CREAM
15. Mix all the ingredients below in a large bowl:
16. 1 cup sour cream
17. 3 spring onions
18. 2 tbsp freshly chopped chives (optional)
19. 1 1/2 tsp chili powder
20. 2 tsp lime juice
21. 2 tsp tabasco

Cooks Note