

DUTCH OVEN CHILLI



INGREDIENTS:

- 1/2 tbsp oil
- 1/2 medium red onion, chopped
- 1/2 medium red capsicum, chopped
- 1/2 medium green capsicum, chopped
- 1/2 medium jalapeno, minced
- 275g beef mince
- 500g crushed tomatoes
- 1 tsp chilli powder
- 1/2 tbsp ground cumin
- 1 tbsp garlic powder
- 1/2 tbsp onion powder
- 350g canned beans
- 1/3 cup chicken stock
- 50g tomato paste

METHOD:

1. Place the oil, capsicum and jalapeno in the dutch oven and place over coals to sauté until softened.
2. Add the mince, breaking it up and stirring until browned.
3. Stir in the crushed tomatoes.
4. Add the beans and mix until warmed through and well combined.
5. Then add the spices and stir through.
6. Lastly, add the chicken stock and tomato paste to achieve the texture you prefer from your finished chilli. Cook for 30 minutes or until done to your liking.

Tips: The chilli should reach a temperature of 75° - 85° to ensure it is cooked.