

DINNER

Chili con Carne

19 September 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
115 min	5 min	110 min	8	\$2.70	338 kcal

Forget going out to eat or ordering takeout every time you crave American food.

Ingredients

☐ 28 ounce chopped tomatoes (400 grams)
canned

☐ 455 grams pound chuck, minced or ground

☐ 1 clove garlic

☐ 200 grams ounces sun-dried tomatoes in olive oil

☐ 2 medium onions

☐ 8 servings Sea salt and freshly ground black pepper

☐ 2 level teaspoons chili powder

☐ ½ stick cinnamon

☐ 1 teaspoon ground cumin (or crushed cumin
seeds)
or cumin seeds

☐ 8 servings Olive oil

☐ 1 fresh red chile, deseeded and finely chopped

☐ 5 ounces water

EQUIPMENT Food processor, Frying pan, Oven

Method

- 1 If you are going to use the oven method, preheat the oven to 300 degrees F (150 degrees C).
- 2 Chop up the onions and garlic in the food processor and fry in some olive oil until softened.
- 3 Add the chili powder and cumin and a little seasoning.
- 4 Chop up the meat in the processor and add to the pan, cooking it until slightly browned.

- 5 Place the sun-dried tomatoes and chile in the processor with the oil and blend to form a paste.
- 6 Add these to the beef with the tomatoes, cinnamon stick, and a wineglass of water. Season a little more, if need be.
- 7 Bring to the boil, cover with greaseproof paper and a lid, then either turn the heat down to simmer and cook for 1 1/2 hours or transfer the pan to the oven for about 1 1/2 hours.
- 8 Add the red kidney beans 30 minutes before the end of cooking time.

Nutrition per serving

338	17 g	22 g	25 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			5 g · 31% of daily needs
Fibre			5.7 g · 23% of daily needs
Sugar			15.3 g · 17% of daily needs
Sodium			208 mg · 9% of daily needs
Cholesterol			39.2 mg · 13% of daily needs
Vitamin C			29.2 mg · 35% of daily needs

Adapted from Foodnetwork. Find this recipe, ratings and more ideas at whatsheate.com/chili-con-carne-143869