

Chilli Con Carne with Dark Chocolate – serves 4

Watch Mrs Duff's video lesson here <https://drive.google.com/file/d/18Bnp-5kNZqt9l0luOzRSGmlpWKNSeKXA/view?usp=sharing>

- 1 tablespoon olive oil
- 1 red onion, finely chopped
- 2 red peppers, deseeded and sliced
- 2 teaspoons hot chilli powder
- 1 teaspoon cumin
- 1 teaspoon paprika
- 500g beef mince
- 500ml passata with onion and garlic
- 250ml beef stock, made with 1 beef stock cube
- 20g dark chocolate
- 410g can red kidney beans in water, drained and thoroughly rinsed
- 200g long grain rice, cooked
- 4 tablespoons crème fraiche

Heat the oil in a large saucepan and add the onion. Cook for 2-3 minutes until beginning to soften, then add the peppers. Cook for another 3-4 minutes until the peppers are just tender. Add the chilli powder, cumin and paprika to the pan and stir through, cooking for 1 minute. Put the mince in the pan and move around, breaking up with a wooden spoon. Cook for 3-4 minutes until brown all over. Pour in the passata and stock. Bring to a gentle simmer and cook for 30 minutes. Roughly chop the chocolate and add to the chilli, along with the beans. Stir to combine and melt the chocolate, then simmer for another 15 minutes until the mixture has thickened slightly. Serve the chilli with the rice and a good dollop of crème fraiche.