

Chili Con Carne

Ingredients:

1. 1 lb. ground turkey (you can use beef, chicken etc.)
2. 1.5 cups of blanched tomato puree
3. 1 lb. mixed kidney beans, peas and lentils (available canned)
4. 1 medium onion chopped
5. 3 cloves of sliced garlic
6. 1/2 tea spoon salt
7. 1/2 tea spoon black pepper
8. 1 tea spoon garam masala (equal parts of ground black pepper, cloves & cinnamon)
9. 1 tea spoon paprika
10. 1/2 tea spoon Cayenne pepper
11. 1/4 cup chopped fresh mint leaves
12. 1/2 cup oil (we used corn oil. You can replace it)

Method:

Take a pan (or pot). Put the oil in it and heat it on high heat. When the oil is hot, put the chopped onion in it and keep stirring it till it becomes light brown. Now add the sliced garlic and roast it for about half a minute. Put tomato puree at this time and reduce the heat to medium. Mix the tomato puree with onion and garlic well. Now put salt, black pepper, garam masala, paprika and cayenne pepper. Stir well and put ground turkey in the pan. Blend the whole mix well. Put about a cup of water and mix the content well. Now turn the heat to medium low, cover the pan and let it cook for 15 minutes.

When 15 minutes is up, open the lid and stir the turkey and check the liquid content in it. Now add the mixed kidney beans, peas and lentils in the turkey and blend it well. Now let the heat be on medium low and cover the pan with the lid again and let it cook for another 15 minutes.

When the 15 minutes is over again, open the lid and check juice content. If the chili is watery turn the heat on high and reduce the water content by stirring the chili constantly till you see most of the water is reduced.

Take out the chili in a bowl and add chopped fresh mint leaves in it.

Chili is now ready to eat.

Enjoy.

Chef Pops