

NUTRITION: Lazza's Kitchen

Chilli Con Carne

Lazza is still trying out new recipes

Today - he makes his first ever Chilli Con Carne from scratch

In writings from 1529, a Franciscan friar described chili pepper-seasoned stews being consumed in the Aztec capital, Tenochtitlan, now the location of Mexico City. Using beef originated with Spanish colonizers.

In Spanish, the term "chile con carne", is first recorded in a book from 1857.



1 large onion: 1 red pepper: Garlic cloves.
Teaspoon: Chill powder, paprika, cumin (each)
500g lean minced beef
Beef stock cube in 300ml water
Tin chopped tomatoes
Good squeeze of tomato puree
Tin red kidney beans
Wholegrain rice
Sour cream (for serving)

In a little oil, heat the chopped onion and garlic.

Add the mince and brown.

Add the chopped red pepper.

Mix in teaspoon of the spices (chilli powder depending on your own taste)

Add the chopped tomatoes and kidney beans.

Mix the stock cube in the water and add. I added a tsp of Worcestershire sauce

Season with pepper and salt if you wish, and even a small teaspoon of sugar.

Leave to cook so the liquid disappears a bit, maybe 30 minutes.

Prepare the rice as per instructions.

Serve up with a nice dollop of sour cream.

Enjoy. Makes enough for four/five servings.



I have used shop sauces and spice mixes before, but this was my first one using my own spices and ingredients.

And, I must say, this is one of the best dishes I have created for these packs.

It was so so nice. Really tasty.

I was, as usual, absolutely stunned!!!

During this pandemic I decided to try a new hobby - cooking. Something I have never really experimented with. And it is going so well.

Why not try out some new recipes and foods yourself?

This was a great and very tasty meal to prepare.

I stun myself every week. If I can do it, so can you. Try something new!!!