Chilli Con Carne (from Jamie Oliver)

* 2 Medium onions (chopped)
* 1 clove garlic crushed
* Olive oil
* 2 level teaspoons chilli powder
* 1 heaped teaspoon ground cumin
* Sea salt and freshly ground black pepper
* 1lb mince
* 7 oz jar sun-dried tomatoes in olive oil
* 1 fresh red chilli deseeded and finely chopped
* 2 cans chopped tomatoes (14oz each)
* ½ stick cinnamon
* 1 wine glass of water
* 2 cans kidney beans (14 oz each)

1. Chop the onions and garlic in the food processor and fry in the olive oil until softened.
2. Add the chilli powder and cumin and a little seasoning.
3. Add the mince and fry until brown.
4. Place the sun-dried tomatoes in the food processor with the oil and the red chilli and whizz up to form a paste.
5. Add these to the beef with the tomatoes, cinnamon stick and the water (I use the water from the kidney beans and make it up with a splosh of tap water).
6. Season a little more if needed and bring to the boil and simmer for about an hour.
7. Add the kidney beans and cook for half an hour.

This recipe makes enough for about 6 serving so I make it and freeze it in portions….very useful.