



Bob's Chilli Con Carne

Ingredients*

- 1 onion, chopped
- 2 cloves garlic, crushed
- 1 tablespoon oil
- 500g minced beef
- 420g tin condensed tomato soup
- 1 teaspoon salt
- 1 tablespoon chilli powder
- 1/2 cup water
- 1 green capsicum, chopped
- 400g tin red kidney beans

Method

Sauté onion and garlic in hot oil in a heavy frying pan. Add minced beef, increase heat and cook until beef browns, stirring constantly. Add soup, salt, chilli powder and water. Cover and simmer for 10 minutes, stirring occasionally. Add capsicum and beans, simmer for a further 20 minutes. Serve with corn chips, cheese sour cream and quacamole.

*Recipe may not include some of Bob's secret herbs and spices!