

Easy as Pie – Chunky Strip Loin Chilli

Ingredients:

700g striploin, cut into fine dice

1 large white onion, diced

1 large red pepper, diced

2 garlic cloves, crushed

1 tbsp grated ginger

1 can chopped tomatoes

6 tbsps tomato puree

1 tsp coriander, ground

1 tsp cumin, ground

½ tsp chilli powder

¼ cube beef stock

1 can kidney beans

½ cup corn kernels

25g dark chocolate

Salt and pepper

Cilantro and lime for garnish

Brown rice for plating



Procedure:

1. Place the following in a pot: meat, onion, red pepper, garlic, ginger, tinned tomatoes, tomato puree, spices and stock.

2. Bring to a boil and leave for at least 30 minutes with lid.

3. After 30 minutes, add the rest of the remaining ingredients and cook for 30 minutes or until beef pieces are soft.

4. Season to taste with salt and pepper.

5. Serve with rice and sprinkle chopped cilantro on top.