



CHILI RECIPE

NB: Serves 10

INGREDIENTS

- Approximately 350g to 500g ground beef (viande hachée)
- 1 tablespoon olive oil
- 1 bulb garlic, chopped (yes, whole bulb, not just a clove!)
- 1 large onion, coarsely chopped
- 1 green pepper, diced
- 1 red pepper, diced
- 1 can (400g/15oz) red kidney beans (haricots rouges)
- 1 can (380g/15oz) whole peeled tomatoes (tomates entières)
- 1 can (190g/8oz) plain red tomato sauce (sauce tomate)
- 2-3 teaspoons chili powder
- Salt and pepper
- 1 teaspoon dried basil (basilic)

VEGETARIAN OPTION: Replace ground beef with slightly less quantity of bulgar wheat

METHOD

1. Heat oil, onion, garlic, ground beef and green/red peppers in large pan. Brown stirring and breaking up lumps of meat for approximately 10 minutes.
2. Add tomatoes, tomato sauce, chili powder, beans and spices. Bring to the boil, then reduce heat to low and cook for 1 hour.

NOTE: Auchan, Monoprix, Franprix and Casino carry all of these products. The larger stores usually have a special section with foreign products called Epicerie Fine. Look here for the chili powder if it's not with the other French dried herbs. It should be next to the taco kits. If you still can't find it, please contact someone from Friends of the Arts. THANKS!

