

# STEPHANIE KING'S CHUNKY CHILLI

*A dish that is best cooked long and slow, so the chunks of meat are succulent and full of flavour. Make this as hot as you like!*

**SERVES 4**

## INGREDIENTS

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600 gm braising steak	2 tbsp tomato puree
2 onions	120 gm mushrooms
4 cloves garlic	1 large can kidney beans
1 small jar of roasted red peppers	2 tbsp olive oil
2 tsp hot chilli powder *	1 beef stock cube
1 tsp ground cumin	1Tbsp Branston pickle (optional)

## INSTRUCTIONS

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To prepare the ingredients:

Remove all fat and chop the meat into bite size cubes.

Peel and finely chop the onion, then peel and chop (or crush) the garlic

Slice or chop the mushrooms

Drain the peppers from their juice and finely slice (you can roast your own peppers if you prefer, but raw ones don't add the same flavour.

Heat the oven to 160°.

Heat a medium sized casserole that can go from hob to oven and add the olive oil.

When hot, add the meat and brown quickly on all sides. Remove with a slotted spoon, lower the heat to medium and add the onion and garlic to the pan. Cook until the onions are just starting to change colour.

Return the meat to the pan and add chilli powder and ground cumin. You don't need salt if you are adding a stock cube later. Cook for a couple of minutes until the scent of the spices is rising from the oil.

Add water to just cover the meat and bring to the boil. Add the stock cube, tomato puree and Branston pickle (which just adds a hint of sweetness) and mix well.

Finally, add the peppers and mushroom, bring back to the boil and then transfer the casserole to the oven. You can also use a slow cooker, but if you do, add less water.

Cook for about 3 hours, checking after 2 that there is enough liquid. If not, add a little more hot water.

About 30 minutes before the end of cooking time, drain the kidney beans and rinse. Add to the chilli and return to the oven for the last 30 minutes.

Serve with rice, garlic bread, avocado – whatever you like!

\*Note: The chilli powder included in this recipe is based on standard supermarket spices. If you are using Indian chilli powder, add with care.