

Slow-cooked Chunky Gunpowder Chilli



Ingredients

1 kg chuck steak or stewing beef, cut into 4cm (1½in) pieces
2 tbsp. oil
2 onions, sliced
3 garlic cloves, crushed
3 tbsp. chipotle paste
2 tsp. ground cumin
1 tsp. ground cinnamon
1-2 red chillies, deseeded and chopped
3 x 400g tins chopped tomatoes
125 ml (4 fl oz) beef stock
1 x 400g tin kidney beans, drained
2 tbsp. dark brown sugar
zest of 1/2 lime and juice of 1
small bunch coriander, chopped

METHOD

- 1) Season the meat. In a large casserole, over a high heat, brown the meat in batches in half the oil. Scoop out and set aside.
- 2) Reduce the temperature, add the remaining oil and onions, cover and cook gently for 15min. Add a splash of water if onions look dry. Add the garlic, chipotle paste, spices and nearly all the chilli and cook, stirring, for 1min.
- 3) Return the meat to the pan with the tomatoes and stock. Cover and simmer gently for 3hrs or until beef is tender.
- 4) Add kidney beans, sugar, lime zest and juice and simmer uncovered for 20min. Scatter over coriander and remaining chilli. Serve with jacket potatoes and sour cream.