



## JERNEJ KITCHEN

# CHILI CON CARNE

*Chili con Carne is a wonderful family one-pot meal filled with spices, ground beef, corn, beans, and tomato paste. Great for meal prep too.*

SERVES	6	PEOPLE
PREPARATION:	10	MINUTES
COOKING:	140	MINUTES
TOTAL TIME:	150	MINUTES

### SPICE MIX

- 1 tsp ground black pepper
- 1 tsp ground coriander seeds
- 1 tsp ground cloves
- 1/2 tsp ground allspice
- 1/2 tsp Chipotle chili
- 1/2 tsp ground cinnamon
- 1/2 tsp ground coffee

### CHILI CON CARNE

- 3 onions
- 3 cloves of garlic
- 2 large carrots
- 5 tbsp olive oil (divided)
- 1 kg (2 pounds) ground beef chuck
- 240 ml (1 cup) red wine
- 1 tsp tomato paste
- 500 g (2 1/4 cups) tomato passata
- 600 g (2 1/3 cup) beef stock or water
- 200 g (1 1/4 cup) corn, canned and drained
- 800 g (4 cups) red beans, canned

### SPICE MIX (OPTIONAL)

First, prepare the spice mix if you're using whole spices. Blend all herbs and spices in a spice (or coffee) grinder or use a pestle and mortar. Set aside until needed. Skip this step if you're using ground spices.

### PAN-FRY THE MEAT

Place a cast-iron pot over high heat. Add three tablespoons of olive oil and the meat. Pan-fry the ground beef for 5 minutes, stirring occasionally. Add the red wine and cook for additional 2 minutes for the alcohol to evaporate. Scrape the bottom of the pot to get all those juices. Transfer the meat to a plate.

### TIP

[Feel free to use a pressure cooker, slow cooker, or Instant Pot for this recipe too.](#)

### VEGETABLES AND SPICES

Peel the onion, garlic, and carrots, then dice finely. Clean the pot with a paper towel and place it back over medium-high heat. Add two tablespoons of olive oil and chopped vegetables. Cook for 5 minutes, stirring occasionally. Add the spices and tomato paste and cook for 2 minutes.

### COOK

Transfer the meat back to the pot, add tomato passata and beef broth or water. Stir, cover with a lid and cook over low heat for 2 hours. When the chili cooks, add the corn, beans, and dark chocolate and stir well to combine.

### TIP

[If you're using a pressure cooker or Instant Pot, cook under full](#)

and drained

1 tbsp dark chocolate (70% cacao)

#### TOOLS AND EQUIPEMENT

spice (coffee) grinder (optional)

cast-iron pot

paper kitchen towel

wooden spoon

bowl

pressure for 45 minutes.

#### SERVE

Divide the chili con carne between six plates. Optionally sprinkle with jalapenos, diced onion, and cilantro. Serve with tortillas or rice.