

# Beef and Mushroom Chilli Con Carne with a Cayenne Kick

By Australian Mushrooms

## INGREDIENTS

- 2tbs olive oil
- 1 red onion, finely chopped
- 250g finely chopped flat mushrooms
- 1 bunch coriander, stems finely chopped, leaves picked
- 400g beef mince
- 1tbs tomato paste
- 1tbs ground cumin
- 1tbs smoked paprika, plus extra for sprinkling
- ¼tsp ground cayenne pepper
- 2x400g can crushed tomatoes
- 1x420g can kidney beans
- Sour cream and steamed rice to serve



## DIRECTIONS

1. Heat oil in a large deep sided fry pan over medium heat. Add onion, mushrooms then add chopped coriander root and cook for 4-5 minutes until softened.
2. Add mince and cook for 5 minutes to brown slightly. Add tomato paste and spices. Stir to coat the meat and cook for 2 minutes to caramelize slightly. Add tomatoes, kidney beans and 1 cup of water, bring to the boil. Reduce heat to medium-low and simmer for 15 minutes until thickened slightly. Season to taste.
3. Serve with rice, coriander leaves and sour cream sprinkled with extra paprika.