

# Spicy Chili con Carne

## Ingredients

400 g. ground beef	150 ml water	salt
400 g. can of pre-cooked beans	allspice or whole black peppercorns	olive oil
1 onion, chopped	chili powder	3-4 basil leaves
3-4 garlic cloves	cumin	Worcestershire sauce
10-12 spoonfuls tomato paste	oregano	cilantro, chopped

## Instructions

1. Add oil and onions to a large frying pan, heated on medium heat.
2. After frying the onions, add the ground beef and fry until well-done. Salt the beef to taste.
3. Just before the beef is done, mince the garlic cloves and add to the pan. Add the water, beans and tomato paste and mix.
4. Add chili powder, oregano, cumin, allspice or peppercorns, basil leaves, Worcestershire, and more salt to the pan. Mix thoroughly.
5. Once the mix is boiling, cover the pan, and stew at low heat about 45 - 60 minutes, until thick but not too dry.
6. Top with freshly chopped cilantro.