

Panasonic Cooking

Chili Con Carne

What is one of the best dishes to serve to friends for a casual get-together? Try this great chilli con carne!

Ingredients:

- 2 lbs (900 g) ground beef, lean
- 1 small onion, diced - 3 ounces (85 g)
- 4 cloves garlic, chopped
- ½ green pepper, diced - 2 ounces (56 g)
- ½ red pepper, diced - 2 ounces (56 g)
- 1 large stalk celery, diced- 3 ounces (85 g)
- 4 cups (1 liter) canned tomatoes, chopped
- ¼ cup (62 ml) tomato paste
- 2 tbsp (30 ml) chili powder
- 1 tsp (5 ml) cumin
- ½ tsp (2 ml) cayenne pepper
- 1 tsp (5 ml) oregano
- 1 ½ tsp (7 ml) salt
- ½ tsp (2 ml) black pepper
- 19 ounce can (540 ml) red kidney beans, drained and rinsed

Directions:

1. First brown the beef. Place the ground beef inside the multi cooker pan and break up as much as possible. Place the pan into the multi cooker, close the lid and select the Steam setting, and press Start.
2. Remove the cooked beef from the cooker and strain off the excess fat and break into smaller pieces. Place the pan back inside the cooker, add the remaining ingredients except the kidney beans and close the lid. Select the Stew setting, adjust the timer to 2 hours, and press Start.
3. Once you hear the beep, open the lid and add the kidney beans, stir, close the lid and wait 10 minutes until beans have warmed through.