



## Main course

### Chili con Carne

#### Ingredients for 10 servings:

- 1 Red bell pepper
- 1 Yellow bell pepper
- 2 Green bell peppers
- 2 Onions
- 1 Can Kidney beans  
(= 425 ml)
- 1 Can Corn (= 425 ml)
- 750 g Ground beef
- 4 Tbsp. Olive oil
- 3 Cans Diced tomatoes  
(à 425 ml)
- 600 ml Tomato juice
- Salt, Pepper
- Chili Powder

Trim and wash bell peppers, peel onions and finely dice both. Drain kidney beans and corn. Heat olive oil in a large saucepan and sauté onion until translucent. Brown ground beef, add bell peppers and sauté briefly together. Add tomatoes, tomato juice, and spices and simmer covered for about 20 minutes. Add kidney beans and corn and cook for 10 more minutes. Season chili and serve hot.

Prep time: About 60 minutes

Per serving:

Joule/Calories: 1236/294

Protein: 21,1 g

Fat: 15 g

Carbohydrates: 18 g

Tip: Serve with warm bread, such as Ciabatta or flatbread.