



Chili Con Carne



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Introduction

Chili con carne is a beloved dish that hails from the Southwestern United States and is a staple in Tex-Mex cuisine. This hearty and flavorful meal combines ground meat, beans, and a medley of spices, making it perfect for a cozy dinner, gatherings, or as a comforting bowl on a chilly day. This article will guide you through a delicious recipe for chili con carne, detailing the ingredients, preparation steps, and cooking times.

Detailed Ingredients with measures

Ground beef - 500g
Onion - 1 large, finely chopped
Garlic - 2 cloves, minced
Bell pepper - 1, chopped
Canned diced tomatoes - 400g
Canned red kidney beans - 400g, drained and rinsed
Chili powder - 2 tablespoons
Cumin - 1 teaspoon
Paprika - 1 teaspoon
Salt - to taste
Black pepper - to taste
Olive oil - 2 tablespoons
Water or beef broth - 250ml

Prep Time

The preparation time for this chili con carne recipe is approximately

15-20 minutes. This involves chopping vegetables and measuring out the ingredients.

Cook Time, Total Time, Yield

Cook time is about 30-40 minutes, allowing the flavors to meld together beautifully. The total time from start to finish is around 50-60 minutes. This recipe yields approximately 4 servings, making it a perfect dish for a small family or a gathering of friends. Enjoy this delicious and satisfying chili con carne paired with rice, crusty bread, or tortilla chips!



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Detailed Directions and Instructions

Step 1: Prepare the Ingredients

Begin by gathering all the necessary ingredients. Ensure that you have everything ready for cooking.

Step 2: Sauté the Vegetables

In a large pot, heat some oil over medium heat. Add chopped onions, garlic, and bell peppers. Sauté until the onions become translucent.

See also [Strawberry Milk Pudding Bites](#)

Step 3: Brown the Meat

Add ground beef to the pot. Cook until the meat is thoroughly browned, stirring occasionally to ensure even cooking.

Step 4: Add the Spices

Sprinkle in the chili powder, cumin, paprika, and oregano. Mix well to coat the meat and vegetables in the spices, allowing the flavors to develop.

Step 5: Incorporate the Tomatoes

Stir in canned diced tomatoes along with their juice. This will add moisture to the mixture.

Step 6: Combine the Beans

Add drained and rinsed beans into the pot. Mix thoroughly to combine all ingredients evenly.

Step 7: Simmer the Chili

Reduce the heat to low and cover the pot. Allow the chili to simmer for at least 30 minutes, stirring occasionally.

Step 8: Taste and Adjust Seasoning

After simmering, taste the chili and adjust the seasoning with salt, pepper, or more spices according to your preference.

Step 9: Serve the Chili

Once the chili has thickened to your desired consistency, serve it hot with your choice of toppings.

Notes

Note 1: Bean Varieties

You can use a mix of different bean varieties, such as kidney beans and black beans, to enhance the flavor and texture.

Note 2: Vegetarian Option

For a vegetarian version, substitute ground beef with lentils or more beans.

Note 3: Additional Toppings

Consider serving with toppings such as sour cream, grated cheese, chopped green onions, or cilantro.

Note 4: Storage

Leftover chili can be stored in an airtight container in the refrigerator for up to 3 days or frozen for longer storage.

See also Cheesy Mississippi Mud Potatoes



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Cook techniques

Chopping and Mincing

Chop and mince vegetables like onions and garlic finely to enhance the flavor and ensure they cook evenly.

Sautéing

Use a pan to sauté ingredients in oil, allowing them to cook quickly while developing a rich flavor.

Simmering

Simmer the chili on low heat to allow flavors to meld together and the dish to thicken gradually.

Layering Flavors

Add ingredients in stages, starting with aromatics, then proteins, followed by spices, and finally liquids, to build complexity.

Seasoning

Taste and adjust seasoning throughout the cooking process to achieve the desired flavor balance.

FAQ

Can I use ground turkey instead of beef?

Yes, ground turkey can be used as a leaner alternative to ground beef.

What beans are best for chili?

Common choices include kidney beans, black beans, and pinto beans.

Can I make chili in advance?

Yes, chili often tastes better the next day as flavors continue to develop.

How can I make my chili spicier?

Add more chili powder, jalapeños, or hot sauce to increase the heat.

Is chili better with or without beans?

It's a matter of personal preference; some prefer chili with beans while others do not.



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Conclusion

Chili con carne is a flavorful and hearty dish that is perfect for a cozy meal or gathering. Its rich blend of spices and ingredients not only pleases the palate but also offers comfort during colder months. Whether served with rice, bread, or as a topping for nachos, this dish is versatile and easy to adapt to different tastes and dietary preferences.

More recipes suggestions and combination

Vegetarian Chili

Substitute meat with beans, lentils, or mushrooms for a delicious vegetarian version that retains the original's depth of flavor.

See also BLT Pasta Salad

Chili Mac

Combine chili with pasta, cheese, and a topping of breadcrumbs for a comforting chili mac that is perfect for family dinners.

Chili Tacos

Use chili as a filling for tacos, topped with fresh avocado, salsa, and cheese for a fun twist on traditional tacos.

Chili Cheese Fries

Pour hot chili over crispy fries and sprinkle with cheese for a decadent snack or party dish.

Chili Pizza

Spread chili over pizza dough, add cheese, and bake for a unique and savory pizza experience.



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