

## View from the Fridge – Recipes from Brian Donkin

### Recipe # 78 – Buzzards' Breath Chilli

**Preparation time: 10 min – Cooking time: 30 mins**

#### Ingredients:

1 large onion peeled and diced  
3 cloves of garlic peeled and smashed to puree  
3 stalks of celery diced  
1 green pepper finely diced  
3 green jalapeno chillis finely diced  
1 400gm tin of kidney beans  
1 400gm tin of peeled tomatoes  
½ glass of corn oil  
1 tblspn of plain flour  
300 gms of beef mince  
salt and pepper

#### Method

1. Put in pot, onion, garlic, celery, jalapenos, pepper and corn oil
2. Cook over a medium heat until soft
3. Add mince and stir with wooden spoon until all the mince is loose and brown
4. Add flour and stir in for one minute
5. Add salt and pepper, tomatoes and beans
6. Bring to the boil and simmer for twenty minute
7. Serve with rice or tortilla chips

*Serves 3*

