

Pumpkin Chilli Con Carne

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This unusual chilli con carne is flavoured with pumpkin puree and is gently spiced with cinnamon, nutmeg and ginger, making it wonderfully warming. Serve it over fresh corn bread or boiled rice for a satisfying supper.

Ingredients:

900g beef mince
150g pumpkin puree
2 x 400g tins of kidney beans, drained
2 x 400g tins of chopped tomatoes or 800g Passata
500ml beef stock or tomato juice
1 onion
1 green pepper
1 red pepper
4 tbsp. caster sugar
1 tbsp. chilli powder
2 tsp. ground cinnamon
1/2 tsp. ground nutmeg
1/2 tsp. ground ginger
1/2 tsp. allspice
1 tbsp. olive oil

Directions:

1. Finely chop the onion and the peppers, removing the pith and seeds. Set to one side.
2. Fry the beef mince in the oil until browned. Take out of the pan using a slotted spoon and place into a large saucepan.
3. Fry the onion in the beef fat for 5 minutes until softened. Add the peppers and cook for another five minutes.
4. Put the peppers and onion into the saucepan with the beef. Add the beans, chopped tomatoes, beef stock, caster sugar, chilli powder, cinnamon, nutmeg, ginger, pumpkin puree and allspice. Stir well to combine.
5. Simmer for 1-2 hours until thickened, stirring occasionally.

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