



Chile with Beef

Philippines | Easy | 1-2 hours | 4/5 servings | Main Dish

This dish can be served with toasts or crackers.

Tools and equipment

- ~ Stainless steel pot or saucepan
- ~ Stainless steel frying pan
- ~ Wooden spoon or other stirring tool

Directions

- 1** Wash and boil kidney beans in water until tender.
- 2** Heat oil in a frying pan (up to 120-140°C) and cook ground beef, onions and garlic for ten minutes or until colour turns brown (in medium heat).
- 3** Add black pepper, chili powder and salt. Add cooked kidney beans, tomatoes and tomato sauce into the meat mixture.
- 4** Boil, then reduce heat to simmer and cook for 30 min, stirring often.



Ingredients

Kidney bean, dry	300 g	Tomato, crushed	400 g
Ground beef	600 g	Tomato, paste	30 g
Vegetable oil	15 ml	Black pepper	5 g
Onion, chopped	110 g	Table salt	15 g
Garlic, crushed	9 g		
Chili powder	5 g		