

## Easy Louisiana Chili

### For 2 persons:

corn oil  
1 medium onion  
400g minced beef  
1 level tsp cayenne pepper or  
1 small dried chilli (or both)  
1 tsp cumin  
1 tin tomatoes  
1 large tin kidney beans  
1 small tin sweetcorn  
tomato puree  
tabasco (maybe)  
cheddar cheese

- Chop the onions and fry in the oil, medium heat, until clear
- Add the meat and fry until just turning brown. You might need to momentarily turn up the heat if the meat gives out water in quantity
- Add the spices (more or less chili to taste) fry for max 1 minute and add the tomatoes and their juice.
- Cook until reduced and a shade darker. Add the rinsed beans and simmer for 15 mins, stir to avoid burning the bottom layer. Add a little water if necessary, the sauce should be medium thick
- Check the flavour, add salt and pepper and tomato puree if necessary, esp. if your tinned tomatoes weren't good quality with watery juice. Add the corn and heat through. Tabasco will allow you to make it more spicy now if needed
- Serve, topping with the grated cheese (gouda is also ok) and also chopped coriander leaves if you like.
- Serve alone, with crusty bread or rice.