



CHILI *con Carne*

4 servings

1 tbsp	PASTENE Pure Olive Oil	15 mL
1	large onion, diced	1
1 tbsp	chili powder	15 mL
1 tbsp	ground cumin	15 mL
1 tsp	mustard powder	5 mL
1 lb	lean ground beef	500 g
2	cans (28 fl. oz./796 mL ea.) PASTENE Italian Peeled Tomatoes, chopped	2
2 tbsp	PASTENE Tomato Paste	30 mL
2	cans (14 fl. oz./398 mL ea.) PASTENE Red Kidney Beans, drained and rinsed	2
1 cup	PASTENE Pitted Ripe Black Olives	250 mL
2 tbsp	chopped fresh coriander salt and pepper	30 mL

- Heat olive oil in a large saucepan over medium heat. Add onion and cook 2 minutes, then stir in chili powder, cumin, mustard and ground beef. Cook, stirring, until beef is browned.
- Add tomatoes and tomato paste. Cook 45 minutes over low heat.
- Stir in kidney beans and olives. Season to taste. Simmer 5 minutes and serve sprinkled with coriander. Suggested side dish: tortilla chips or vegetable rice.