

Traditional Cowboy Chili



Ingredients

- 1.5 lb Painted Hills Natural Beef Top Sirloin (cut into small chunks)
- 1 onion, coarsely chopped
- 3 teaspoons ground cumin
- 2 teaspoons ground coriander
- 1/2 teaspoon ground chili
- 1/4 teaspoon ground smoky paprika
- 3 cups beef stock
- 2 x 14 oz cans whole tomatoes
- 14 oz can red kidney beans, rinsed and drained
- Salt and cracked black pepper
- 2 tablespoons chopped coriander
- Sour cream, to serve, if desired

Directions

1. Heat a little oil in a large deep frying pan over medium high. Add the steak, cook until just browned.
2. Add the onion, cumin, coriander, chili and paprika to the meat, cook, stirring, for 2 minutes. Add the stock and tomato.
3. Reduce the heat to low, cover and cook for 1 1/4 hours, stirring regularly. Uncover and cook for another 30 minutes, or until the meat is very tender.
4. Add the kidney beans and cook for another 10 minutes. Stir through the salt, pepper and coriander.
5. To serve, top with a dollop of sour cream if desire.

