

ENVIROFIT® & The SuperSaver Charcoal Jiko SMARTER LIVING **PRESENT** Homemade Chilli Sauce



Food image courtesy of allrecipes.com

Ingredients

- 1 kg ground beef
- 3 cups pre-boiled beans
- 3 cups diced tomatoes with juice
- ½ cup tomato paste
- 1 large yellow onion, chopped
- 3 stalks celery, chopped
- 1 green bell pepper, seeded and chopped
- 1 red bell pepper, seeded and chopped
- 2 green chilli peppers, seeded and chopped
- 200 gm bacon bits
- 4 stock cubes
- ¼ cup chili powder
- 1 tablespoon minced garlic
- ¼ cup olive oil
- 1 tablespoon dried oregano
- 2 teaspoons ground cumin
- 1 teaspoon dried basil
- 1 teaspoon salt
- 1 teaspoon ground black pepper
- 1 teaspoon cayenne pepper
- 1 teaspoon paprika
- 1 teaspoon white sugar

Preparation Method

1. Light your *Envirofit SuperSaver Charcoal Jiko* using little charcoal.
2. Heat olive oil in a large stock pot over medium-high heat (by slightly closing the *SuperSaver* air regulator) and add the beef. Cook stirring to break up the meat, and allow to brown evenly.
3. Pour in the beans, diced tomatoes and tomato paste. Stir well. Add the onion, celery, green and red peppers, chilli peppers, bacon and crumbled stock cubes. Season with chili powder, garlic, oregano, cumin, basil, salt, black pepper, cayenne pepper, paprika and sugar. Stir to blend, then cover and simmer over low heat (by closing the *SuperSaver* air regulator) for at least 2 hours, stirring occasionally.
4. After 2 hours, taste, and adjust salt, pepper and chili powder if necessary. The longer the chili simmers, the better it will taste. Remove from heat and serve or refrigerate and serve the next day.
5. Serve it alongside any stew and see your family enjoy and want more!



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