



Venison Chilli



Ingredients

- 2 tbsp oil
- 1 medium onion, finely chopped
- 1 carrot finely chopped
- 1 pepper chopped
- 3 garlic cloves, finely chopped or 1.5 tsp garlic granules
- 500g minced venison
- 1 tbsp each dried oregano, cumin smoked paprika
- Or 2 tbsp chilli powder
- Pinch or 2 of chilli flakes
- 160g tomato purée or ketchup
- 1 400g can chopped tomatoes
- 1 pint beef stock made from 2 stock cubes
- 3 x cans kidney, black or mixed beans
- Salt and freshly ground black pepper
- 1 tsp sugar to taste

PREP TIME: 10 MINS

COOKING TIME: 1 HOUR

SERVES: 4-6 PEOPLE

SUITABLE FOR HOME FREEZING

How to make it

Heat the olive oil in a saucepan, add onions, carrot, pepper and garlic and cook for 10 minutes until soft, adding a little water if it starts to stick. Remove from the pan.

Add the mince and break up with a wooden spoon. Cook over a high heat for a few minutes, stirring well, until the meat is browned.

Add the vegetables along with the herbs and spices, tomato purée or ketchup, tinned tomatoes and stock and simmer gently for 45 minutes, it should have reduced and thickened. Season with salt and pepper to taste, and add sugar if needed.

To Serve

- With rice and cheese, or wrapped in a flour tortilla to make burritos
- On top of baked potatoes
- For nachos, place a layer of tortilla chips on a baking sheet, cover with chilli and cheese, and bake until melted