

Kev's Kitchen

BRISKET CHILI

Time: 45 minutes

Serves: 8

Ingredients:

30ml grape seed or other neutral-flavoured oil
1 large white onion - chopped
5 cloves garlic - chopped
15g chili powder
5g cumin
500g BBQ beef brisket - chopped
796ml can whole tomatoes
2 - 540ml cans cannellini beans - rinsed and drained
540ml can black beans - rinsed and drained
500ml beef stock
15ml Worcestershire sauce
10ml Louisiana hot sauce
5g kosher salt

Preparation:

Place a large pot on medium heat and add the oil. When the oil is hot, add the onions and garlic, stirring occasionally for five minutes.

Stir in the chili and cumin, stirring often for one minute.

Add the tomatoes, breaking apart with a spoon.

Stir in the remaining ingredients and bring to a boil. Reduce heat and simmer for thirty minutes.

Serve immediately or cool, refrigerate and reheat.

Nutritional Information Per Serving:

Calories: 388
Fat: 11g
Carbs: 43g
Fibre: 14g
Protein: 34g