

# Mexican beef chilli



Marieta van Bladeren

Ek het 1 kg stuk bees shin gekoop en môre maak ons diè

Jamie Oliver makes Mexican beef chilli on Jamie's Money Saving Meals that works out at £1.82 per portion.

Jamie says: "I absolutely adore cooking dishes like this with a nice hunk of meat on the bone, and shin is great value. You get tender sweet meat, and the marrow from the bone gives the sauce great flavour. This will completely reset your standards of what a really good chilli is, and it also makes wicked party food if you're feeding a crowd."

The ingredients for the dish are: "2 red onions, 4 cloves of garlic, 2 fresh red chillies, 30 g fresh coriander, olive oil, 2 teaspoons ground cumin, 2 teaspoons smoked paprika, 2 teaspoons ground cinnamon, 2 fresh bay leaves, 2 x 400 g tins of chopped tomatoes, 1 kg beef shin, bone in, sinew removed, 1 x 400 g tin of cannellini beans, 1 green pepper, 4 spring onions, 150 g cherry tomatoes, extra virgin olive oil, white wine vinegar and fat-free natural yoghurt(optional), to serve."

bake for 5 hours at 170 degrees

