



## Chilli Chocolate Con Carne Soup

### Ingredients

- 1 small onion, finely chopped
- 2 garlic cloves, finely chopped
- 1 tbsp vegetable oil
- 500g lean minced beef
- 410g pinto or red kidney beans, drained
- 400g can chopped tomatoes
- 700ml hot chicken stock
- large pinch of crushed dried chillies
- 2 squares of dark chocolate
- fresh coriander or parsley leaves and some grated gruyère, to serve

### Directions

- Gently fry the onion and garlic in the oil for a couple of minutes until beginning to soften, then add the mince. Raise the heat and cook for 5 minutes, stirring from time to time, until the meat is no longer pink.
- Stir in the beans, tomatoes, stock, chillies, chocolate and plenty of salt and pepper. Bring to the boil, cover and simmer very gently for 1 hour, or longer if you have the time. (You can make it up to a day ahead to this point, then cool and chill.)
- Ladle into mugs or large cups and scatter with herbs, cheese and black pepper. You will need spoons to eat it.