

# Venison Chilli Con Carne

## Ingredients

500g Venison mince  
2 medium onions, chopped  
3 garlic cloves, peeled and finely chopped  
1–2 tsp hot chilli powder  
2 tsp ground cumin  
2 tsp ground coriander  
2 tbsp plain flour  
150ml red wine or extra stock  
300ml beef stock, made with 1 beef stock cube  
400g can of chopped tomatoes  
400g can of red kidney beans, drained and rinsed  
3 tbsp tomato purée  
1 tsp caster sugar  
1 tsp dried oregano  
1 bay leaf  
flaked sea salt  
freshly ground black pepper



## Method

Place a large non-stick saucepan over a medium heat and add the beef and onions. Cook together for 5 minutes, stirring the beef and squishing it against the sides of the pan to break up the lumps. Add the garlic, 1–2 teaspoons of chilli powder, depending on how hot you like your chilli, and the cumin and coriander. Fry together for 1–2 minutes more. Sprinkle over the flour and stir well.

Slowly add the wine and then the stock, stirring constantly. Tip the tomatoes and kidney beans into the pan and stir in the tomato purée, caster sugar, oregano and bay leaf. Season with a pinch of salt and plenty of freshly ground black pepper.

Bring to a simmer on the hob, then cover loosely with a lid. Reduce the heat and leave to simmer gently for 45 minutes, stirring occasionally until the mince is tender and the sauce is thick.

Adjust the seasoning to taste and serve.

Serve with rice or on a bed of tortilla chips and melt cheddar cheese on top.



**FEARANN EILEAN IARMAIN**  
THE ISLE OF SKYE

eat  
**Venison**

