### Chile Con Carne

#### Ingredients

For 5 people

500 g chopped beef

A little olive oil

2 onions

2 garlic cloves (optional)

3 peppers

1 box of crushed tomatoes, or tomato coulis

1 large box of red beans

Tabasco

parsley, Provence herbs

Rice

#### Preparation

1. In a frying pan, a wok or a bastard, cook the meat, stirring to separate the large lumps. Drain the juice and set aside.
2. Pour a little olive oil in the bottom of the pan and brown the sliced ​​onions. Meanwhile, cut the peppers into small pieces, then add them to the onions. Finally, incorporate the tomatoes.
3. Season the vegetables with chopped garlic, Provence herbs, a little Tabasco. Salt and pepper.
4. When the mixture is almost cooked (15 minutes), add the meat and drained red beans. Cook for a few more minutes, adjust the seasoning and add the chopped parsley.

#### Accompaniement

Uses accompanied by rice.

You can also add grated Gruyèreère to the plate.