

# Blazing Chili

## Ingredients:

10 oz of minced beef  
2 cloves of garlic, diced  
1 red onion, diced  
1 medium sized carrot, diced  
1 stick of celery, diced  
1 cup of tinned sweetcorn  
1 cup of cooked red kidney beans  
Salt, black pepper, oregano  
3 cups of tomato sauce  
3 cups of water  
1 tbsp of **Hellfire Fear This**

## Instructions:

In a hot soup pot, add a bit of oil and start by frying the garlic and onions – about 2 minutes. Proceed with the carrots and celery and cook for another 3-4 minutes. Now add in the minced beef and season with salt, pepper, and oregano. After the meat has browned add **Fear This**, the tomato sauce and water and lower the heat. Let it simmer for about 30 minutes and then add the sweetcorn and the red kidney beans. Cook it for another minute and take off the heat. Enjoy!

