

Chile con Carne

Ingredients

- ¾ teaspoon salt
- 1 pound lean ground beef
- 1 medium-size onion, chopped
- 1 can (14 oz.) pear-shaped tomatoes
- 1 large can (1 lb.11oz.) red kidney beans
- 1½ teaspoons chili powder
- 1 teaspoon oregano leaves, crumbled
- ½ teaspoon ground cumin seed
- Avocado slices
- ¼ cup coarsely chopped fresh cilantro

Prepare

Heat salt in a wide frying pan over medium-high heat; crumble in ground beef and cook, stirring, until browned (about 5 minutes). Add onion and cook until limp. Discard any fat. Stir in tomatoes and their liquid, kidney beans and their liquid, chili powder, oregano, and cumin. Simmer, uncovered, stirring occasionally to break up tomatoes, for about 15 minutes. Garnish each serving with several avocado slices and chopped cilantro. Makes about 4 servings.

