



Smoked Chili Con Carne

Recipe courtesy of Nic Williams. You can read more about Nick in our Lifestyle Magazine.

Ingredients

2 tbsp (30 ml) olive oil
2 chopped onions
3 chopped garlic cloves
2 diced red peppers
2 ¼ lbs (1 kg) ground beef
2 – 16 oz (.5 kg) cans plum tomatoes
2 – 16 oz (.5 kg) cans kidney beans (undrained – the liquid has lots of flavour)
½ cup (120 ml) Worcestershire sauce
2 tbsp (30 ml) hot chipotle chili sauce (Nic likes Capsicana Hot Chipotle Sauce) – add more if you like it really spicy!
2 tbsp (30 ml) tomato puree
2 tsp (10 ml) coarse ground pepper
2 tsp (10 ml) sea salt
3 or 4 pre-soaked hickory wood smoking chunks

Instructions

Set EGG for direct cooking (no convEGGtor) at 400°F/200°C. Add a Dutch oven to the cooking grid to preheat.

Heat the olive oil in the Dutch oven and add the chopped onion, garlic and peppers and cook, stirring frequently, until the onions are soft and translucent.

Add the minced beef and continue to stir every couple of minutes until browned.

Carefully remove the Dutch oven and the cooking grid and add the hickory chunks to the charcoal. Add the convEGGtor and the cooking grid and lower the temperature of the EGG to 350°F/177°C.

Add all the other ingredients to the Dutch oven and place, uncovered, back on the grid. Stir every 10 minutes; once the chili is simmering, cook for another hour to allow the flavours to develop.

Tip: Serve on baked potatoes with a dollop of sour cream. Bake alongside with chili, and in the last 30 minutes drizzle with olive oil and sprinkle with sea salt to crisp up the skins. You'll never bake a potato another way!