Chilli Con Carne Serves 4

475g Aria Farm Beef or Lamb Strips

2 tablespoons oil

2 onions, peeled and sliced

1 tablespoon minced garlic

1 teaspoon ground cumin (optional)

425g can of Chilli Beans

1/4 cup tomato sauce or paste

1 cup of beef stock or water

Cook the beef or lamb strips in a pan until browned. Remove from pan.

Heat the oil in a pan and sauté the onion, garlic until it begins to soften. Add the cumin and cook for 2 minutes more.

Return the strips to the pan with the chilli beans, tomato sauce or paste and the beef stock or water.

Cover and simmer for 5-10 minutes.

Serve with crusty bread and a salad or alternatively with your favourite winter vegetables.

NB: Try wrapped in a tortilla for a meal on the go.