

my delicious year

Background

Introducing the My Delicious Year monthly cook-a-long

What is it?

Join in for a once a month cook-a-long. During the first week of each month I will provide you with a recipe and shopping list. The recipe will be affordably priced and of easy to moderate difficulty.

When will it take place?

The cook-a-long will take place on the [third](#) Wednesday of each month. An event will be created on the [My Delicious Year](#) Facebook page at the start of each month. Please join the group to stay up to date, and don't forget to invite your friends to join in.

Where will the cook-a-long take place?

The idea is for you to cook the recipe in the comfort of your own home. Cook the selected recipe for your family, friends, neighbours or someone special. Once you are finished cooking, take a moment and capture a photo your meal. Post your picture and comments on the [My Delicious Year](#) Facebook page or share it on Instagram using the hashtag [#cookalong](#) and tag [@mydeliciousyear](#).

Why a cook-a-long?

One of the main goals I set myself when starting out on this blogging adventure was to inspire others to cook. The idea behind the cook-a-long is to encourage you to try a new recipe each month by making it accessible to all and as simple as possible. After the cook-a-long we can then come together as a group to talk about the recipe – like a virtual book club, but for recipes.

The November cook-a-long will take place on **Wednesday 20 November**.

my delicious year

Recipe

Chilli beef on avocado

(November 2007, Page100)

Serves 4

1 tbs olive oil
1 large onion, finely chopped
500g beef mince
400g can chopped tomatoes
1/2 cup (125ml) beef stock or water
2 tbs tomato paste
1 tbs cocoa powder
1 tsp chilli powder
1 tsp dried oregano
420g can red kidney beans, rinsed, drained
2 avocados

Steamed white rice, thinly sliced red onion, coriander sprigs and corn chips, to serve

1. Heat olive oil in a large frypan over medium-high heat. Add onion and cook for 2-3 minutes until soft. Increase heat to high, then add beef mince and cook, stirring, for 4-5 minutes until browned. Reduce heat to medium, then stir in the tomato, stock, tomato paste, cocoa, chilli powder and oregano, and simmer for 15 minutes. Add kidney beans and cook for 5 minutes or until heated through.
2. Meanwhile, halve the avocados, remove the stones and peel.
3. Divide the rice among serving bowls and top with avocado halves. Top with chilli beef, and garnish with onion and coriander. Serve with corn chips.

my delicious year

My Delicious Year Cook's Notes:

- This is the perfect recipe to double and freeze. It would be a tasty filling for your usual favourite Mexican meal too (taco's, nacho's etc).
- For an extra kick, add a squirt of your favourite hot chilli sauce.

my delicious year

Shopping List

4 serves	8 serves
1 large onion	2 large onions
500g beef mince	1 kg beef mince
1 400g can chopped tomatoes	2 400g cans chopped tomatoes
1/2 cup (125ml) beef stock	1 cup (250ml) beef stock
2 tbs tomato paste	4 tbs tomato paste
1 420g can red kidney beans	2 420g can red kidney beans
2 avocados	4 avocados

Steamed white rice, thinly sliced red onion, coriander sprigs and corn chips, to serve

From your pantry:

- olive oil
- cocoa powder
- chilli powder
- dried oregano

Recipe also available here:

<http://www.taste.com.au/recipes/3600/chilli+beef+on+avocado>