

For those who love meat: Chili con Bagel

2 bagels
2 tsp of olive oil
1 chopped onion
1 mashed clove of garlic
450 g minced meat
2 tsp tomato paste
200g red kidney beans (can)
200 ml clear soup
1 tsp flour
1-2 tsp chili powder
dried oregano
salt, pepper
sour cream
fresh leek



Preparation:

For the chili: Brown the chopped onion in the oil, add garlic and braise for about 5 minutes. Add the minced meat and cook for 10 minutes. Then add the tomato paste, the kidney beans and the soup. In parallel, make a paste of flour, chili powder, oregano and water. Add it to the meat, season with salt and pepper and let it cook slightly for further 60 minutes.

Slice the bagel, put the chili on, and top it with sour cream and chopped leeks.

Bon Appetit!