

“Chilli Beef Liver”

INGREDIENTS

Total Cook Time: 40 mins 4 Servings

Prep Time: 10 mins

- 4 slices bacon
- 500g OBC beef Liver, (sliced into thin strips)
- 1 can condensed French onion soup
- ½ cup all-purpose Flour
- salt and pepper to taste
- ¼ cup tomato-based chili sauce

DIRECTIONS

1. In a large pan over medium heat, fry bacon until browned and crisp.
2. Remove from pan, cool and crumble. Keep the grease in the pan.
3. Drench the liver slices in flour seasoned with salt and pepper.
4. Fry liver in the bacon drippings over medium-high heat until browned on the outside. In a small bowl, mix together the French onion soup and chili sauce. Pour the mixture over the liver, cover, reduce heat to low, and simmer for 15 minutes stirring occasionally until tender.
5. Remove lid, and continue cooking liver to desired doneness.
6. Serve liver with OBC Maize Meal or OBC Rice, add sauce and top with crumbled bacon.



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