

Chilli con carne

Ingredients

200g minced beef
1 onion
1 clove garlic
1 215g tin kidney beans
2 tbsp cooking oil
1 bell pepper
1 beef stock cube
400g tin tomatoes
1 tbsp tomato puree
1-2 heaped tsp Chilli powder or Chilli con carne spice mix
150g rice

Method

1. Prepare food handler.
2. Place pan of salted water on to boil. Add rice when boiling and simmer for 10 minutes.
3. Prepare all ingredients.
 - Dice onion,
 - Crush garlic,
 - Dice pepper,
 - Open and drain kidney beans,
 - Open tomatoes,
 - Open beef mince etc
4. Fry onion, beef and garlic in a sauce pan, with oil, until the beef turns brown.
5. Add the pepper and fry for 3 more minutes.
6. Add tomato puree, spice, tomatoes, kidney beans and stock cube. Stir well and simmer for 10 minutes on a low heat.
7. Drain rice using a sieve and serve with the chilli.

