

Chilli Con Carne



Ingredients list

- 1 medium onion
- 2 cloves of garlic
- 1 tbs olive oil
- ½ teaspoon chilli powder
- ½ teaspoon ground cumin
- 1 x 400g tin of red kidney beans or chickpeas (pre-cooked)
- 1 x 400g tins of chopped tomatoes
- 2tbs tomato puree
- 1 beef/ chicken stock cube
- 500g good-quality minced beef

Equipment list

- Saucepan
- Tin opener
- Plastic spoon
- Teaspoon
- Measuring Jug
- Sharp Knife
- Brown chopping board

Method

1. Chop onion on a brown chopping board. Heat a large saucepan on a medium heat. When hot add the oil and the diced onion. Gently fry for 5 minutes.
2. Chop garlic. Add the garlic and fry for 30 seconds
3. Add the mince and brown
4. Add 1 tin of tomatoes, cumin and chilli powder and stir together



Method

5. Open and drain the beans and then add the beans to the mince.
6. Add the tomato puree and mixed herbs
7. Make stock by measuring 150ml of water and dissolving the cube.
8. Add just enough of the stock to cover the ingredients in liquid.
9. Cover and gently simmer for 1 – 2 hours. Check seasoning and add salt if required (stock is high in salt)

