**Chilli-con-Carne**

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| ***Ingredients*** | ***Equipment*** |
| medium-sized pack of lean minced beef | wok |
| 1 onion | sharp knife |
| half a tin of kidney beans | chopping board |
| 2 cloves garlic | wooden spoon |
| tin of chopped tomatoes |  |
| half a tube of tomato puree |  |
| 1 tbsp. vegetable oil |  |
| chilli flakes, chilli sauce and herbs |  |

***Method***

1. Prepare yourself and your work area. Get equipment out.
2. Peel and chop the onion and garlic.
3. Fry the onion and garlic in a little oil for two minutes then add the minced beef and cooking until brown.
4. Add the tin of tomatoes, tomato puree and kidney beans to the wok.
5. Heat the mixture through until bubbling gently.
6. Add chilli flakes, chilli sauce and herbs to taste.

