

Chilli Con Carne

Ingredients

200g minced beef
1 small onion or half a large one
1 clove garlic
1 carrot
1 small green chili **optional**
1 x tablespoon of vegetable oil
1 can of chopped tomatoes
1/2 can drained kidney beans
1/2 red/green pepper
1 x teaspoon chili powder
1 beef stock cube
1 tablespoon of tomato Puree
Salt and pepper



Equipment

Chopping board, knife, garlic press, large pan, wooden spoon, tablespoon, teaspoon, can opener

Method

- 1 Prepare the vegetables on a chopping board
 - peel and dice the onion and carrot;
 - peel and crush the garlic;
 - deseed and chop the pepper and chilli (**wash hands after chopping your chilli**)
2. Add oil to the pan and add the onion, garlic and minced beef. Fry until the mince has browned for several minutes on a medium heat.
3. Next add the remaining vegetables, the carrot, peppers and chili.
4. Crumble the stock cube with your fingertips into the saucepan and add the tinned tomatoes slowly.
6. Add approximately 100ml of cold water to the pan.
7. Drain the red kidney beans using a sieve and carefully add to the saucepan.
7. Stir in the tomato purée and chilli powder.
8. Bring to the boil and then reduce the heat and simmer for a further 15 minutes.