



Chilli con carne





Ingredients

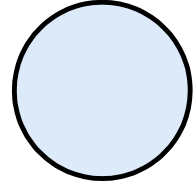


1

1



onion

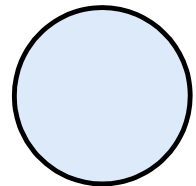


2

1



garlic clove

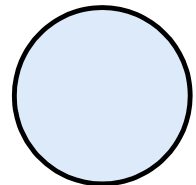


3

1



green pepper



4

250



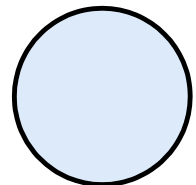
grams



beef



mince



5

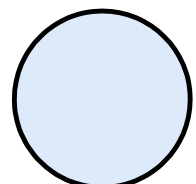
2



teaspoons



flour

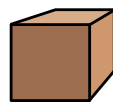


6

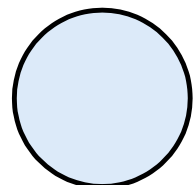
1



beef



stock cube



7

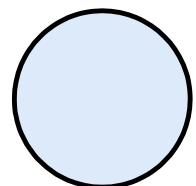
250



millilitres



water





Ingredients



8

400



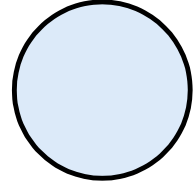
grams



canned



kidney beans



9

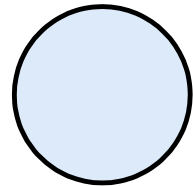
1



tablespoon



tomato puree



10

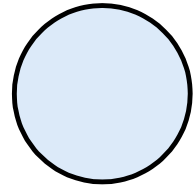
1



teaspoon



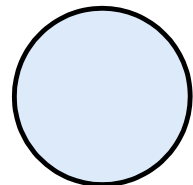
chilli powder



11



Black pepper





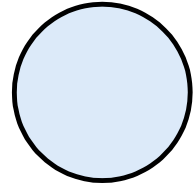
Equipment



1



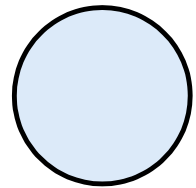
Vegetable knife



2



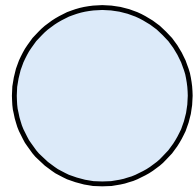
Chopping board



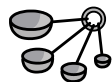
3



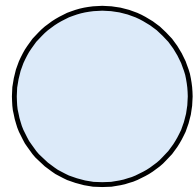
Garlic crusher



4



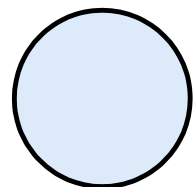
Measuring spoons



5



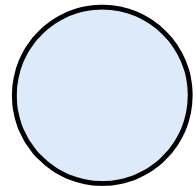
Saucepan



6



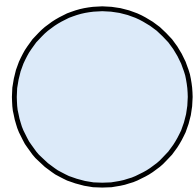
Mixing spoon



7



Measuring jug





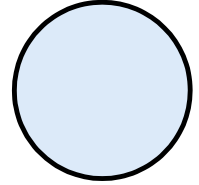
Equipment



8



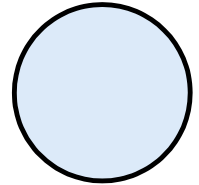
Can opener



9



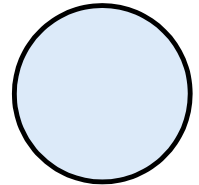
Colander



10



Plate





Method



1



and



Peel the onion and chop it.

2

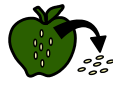


and



Peel the garlic and crush it.

3



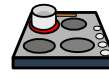
and



chop the green pepper.



4



Heat the saucepan on the hob.

5



Add

the



onion,



garlic,

green pepper,

and



beef



mince

to







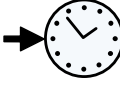

the saucepan.






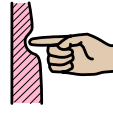


Method





6





 Carefully  stir  and  cook  until  the beef

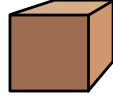
 mince  has  browned  and  the onions  are soft.

7

 Stir  in the flour.

8

 Add  the water  to the saucepan  and crumble

 in the stock cube.

9

 Stir.

10

 Using  a colander,  drain  the kidney beans.



Method



11



Rinse the kidney beans in cold water.

12



Add the kidney beans to the saucepan.

13



1



Stir in 1 tablespoon of tomato puree and

1



teaspoon of chilli powder.

14



Reduce the heat and simmer for 20 minutes.

15



Add black pepper.