

Chilli con carne

Equipment

Knife, chopping board,
measuring spoons,
wooden spoon,
measuring jug,
1 saucepan, 1 frying pan,
colander, small bowl.

Skills

Using a hob, weighing and
measuring, combining,
bridge hold, claw grip

Heat Transfer

Conduction

Keywords

Dice, Fry, Boil, Simmer, Soften.

Ingredients

150g minced beef	½ tin tomatoes
1 onion	1 tbsp. tomato puree
1 garlic clove	100ml beef stock
¼ pepper	100g kidney beans
¼ tsp. chilli powder	black pepper
½ tsp. cumin	½ tsp. oregano
1tsp paprika	100g rice

Method

- 1.Put a pan of water on to boil.
2. Dry Fry the mince over a low heat until brown.
3. Dice the onions, pepper and garlic on a **brown** board.
- 4.Collect spices in a small dish, and stock, tomatoes and puree in a measuring jug.
4. Add vegetables to mince and soften.
- 5.Add spices & herbs, and fry for a few minutes.
- 6.Add liquid ingredients and kidney beans; bring to the boil & turn down to simmer for 20 minutes. Add more liquid if required.
- 7.Add rice to the pan of water and boil for 10-12 minutes, drain and serve with chilli sauce.