

Chilli Con Carne

Chilli Con Carne is great served with rice or a baked potato. You decide how mild or hot you would like it! It freezes well too.



Nutritional information per portion (316g):

Energy	Fat	Saturates	Sugars	Salt
890kJ 212kcal 11%	8.6g 12%	2.4g 12%	6.1g 7%	0.88g 15%

of an adult's reference intake.
Typical values per 100g: energy 282kJ/67kcal.

Equipment

Weighing scales
Chopping board
Sharp knife
Clean, damp cloth (optional)
Garlic crusher
Measuring spoons
Saucepan
Wooden spoon or spatula
Can opener
Colander

Ingredients

Serves 4

1 medium onion
100g mushrooms (optional)
1 clove garlic
1 x 15ml spoon vegetable oil
250g lean minced beef
1 x 5ml spoon chilli powder
OR ¾ x 5ml spoon chilli flakes
1 x 400g can chopped tomatoes
⅓ can water (approx.)
1 x 400g can red kidney beans
Black pepper (optional)

Serves 8

2 medium onions
200g mushrooms (optional)
2 cloves garlic
2 x 15ml spoons vegetable oil
500g lean minced beef
2 x 5ml spoons chilli powder
OR 1 x 5ml spoon chilli flakes
2 x 400g cans chopped tomatoes
¾ can water (approx.)
2 x 400g cans red kidney beans
Black pepper (optional)

*Presence of allergens can vary by brand – always check product labels. If you serve food outside the home you must make allergen information available when asked.



Top Tips

- Make sure you stir the chilli every 5 minutes or so to prevent it sticking to the bottom of the saucepan.
- Use the empty tomato can to measure the water so you use every bit of tomato juice.

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Method

1. Peel and finely chop the onion.
2. Wipe the mushrooms with a cloth to remove any dirt and slice finely (if using).
3. Peel and crush the garlic.
4. Heat the oil in the saucepan over a medium heat.
5. Add the onion and cook gently until it softens (about 2–3 minutes).
6. Add the minced beef and garlic and stir until the meat has browned. This will take about 5 minutes.
7. Add the mushrooms (if using), and stir for 5 minutes.
8. Add the chilli powder or flakes.
9. Open the can of tomatoes and stir them into the saucepan. Add the water.
10. Open the kidney beans and drain away the liquid. Add the kidney beans to the saucepan.
11. Simmer the chilli until it is less runny (about 15–20 minutes).
12. Add black pepper to taste (if using).

Something to try next time

- You could transfer this to a casserole dish when the beans have been added and cook in the oven at 180°C/160°C fan or gas mark 4 for 45 minutes.

Skills used include:

Measuring, peeling, chopping, crushing, boiling/simmering and frying.