

Chilli Con Carne

Ingredients

225g Minced Beef
1 Tbsp Oil (Get from school)
1 Tbsp Tomato puree
1 clove Garlic
1 Onion
1or 2 Tsp Chilli powder
1 Can Tomatoes
1 Small Can Kidney beans
125g Mushrooms

Remember to bring a named container to carry it home in.

Method

1. Peel the onion and garlic and chop. Slice the mushrooms
2. Put the oil into the wok and heat. Add the mince and brown well
3. Add the garlic and onion, fry for 5 minutes
4. Add the mushrooms, Fry.
5. Add the chopped tomatoes, kidney beans, tomato puree and chilli powder. Stir and simmer for 20 minutes
6. Transfer into your own container. Cool and then put in the fridge.