



Cooking At Home Challenge



Chilli Con Carne

Serves
4

Ingredients

- 1 Packet of Lean Mince 250g (Beef, Pork, Turkey or Quorn)**
- 1 Medium sized carrot**
- 1 Medium sized onion**
- 1 Pepper (any colour)**
- 2 Teaspoons chilli powder**
- 2 -3 Cloves of garlic or 1 Teaspoon puree or dried garlic.**
- 1 Tin chopped tomatoes**
- 2 Dessertspoons tomato puree**
- 1 Tin red kidney beans (rinsed and drained)**
- 1 Mug water**
- 1 Stock cube dissolve in mug of boiling water**
- Rice 1/3 mug of rice per adult (60—75g) less for children**

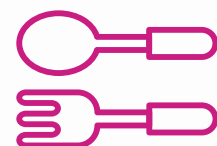
Remember
Wash your hands
before cooking!



You can use ready made rice,
if you prefer

How to make

- 1. Peel, wash and chop vegetables.**
- 2. Place a large pot on medium heat, add mince, stir and cook until brown. Drain off any excess fat.**
- 3. Add carrot, onion, pepper, stir and cook on low heat for 3-5 minutes until the vegetables are soft.**
- 4. Add chilli powder, garlic puree, tomato puree and stir.**
- 5. Add the chopped tomatoes, kidney beans, stock cube in water - stir well, cook over a low heat for 30-45 minutes.**



Serve with boiled rice and mixed salad.

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