

Chilli Con Carne

Serves: 2

Ingredients:

200g minced beef

1 tablespoon oil

1 onion

1 pepper

$\frac{1}{2}$ tin chopped tomatoes

$\frac{1}{2}$ teaspoon sugar

1 teaspoon chilli powder

1 teaspoon tomato puree

$\frac{1}{4}$ tin kidney beans

200g rice



Method:

1. Gather equipment, set up worktop.
2. Place saucepan of water onto boil.
3. Peel and dice onion. Dice pepper.
4. Heat oil, add a piece of meat to test if it is hot enough. When the oil sizzles add the rest of the meat and cook until brown on a medium heat.
5. Add the onion and pepper and cook until soft.
6. Add the chopped tomatoes, sugar, chilli powder, tomato puree and kidney beans.
7. Cover with the lid and leave on the lowest heat for 10 minutes.
8. Add the rice to the boiling water and time for 10 minutes.
9. When the rice is finished drain in a colander and serve up both dishes.