

## Have Fun



### Chilli Con Carne

Serves 8



#### Shopping List:

- 1 Yellow Pepper.**
- 1 Red Pepper.**
- 1 tablespoon of garlic paste.**
- 200g red lentils.**
- 1 tablespoon olive oil.**
- 1 tablespoon tomato puree**
- 1 onion.**
- Chilli con carne seasoning.**
- 400g chopped tomatoes.**
- 500ml low salt beef stock**
- 240g lean mince beef.**
- 400g of kidney beans.**
- 400g of black beans**
- Basmati or wholegrain rice.**



#### Gather Utensils:

- A large pot.**
- A kettle.**
- A tablespoon.**
- A chopping board.**
- A bowl.**
- A knife.**
- A measuring jug**
- A microwave.**
- A plate.**
- A colander.**

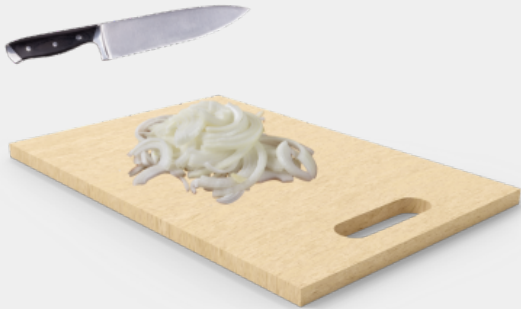
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Step 1.

**Dice 1 onion on a chopping board.**

Be safe when using a kitchen knife.



Step 2.

**Dice 1 red and 1 yellow pepper on a chopping board.**



Step 3.

**Add 1 tablespoon of garlic paste to the bowl.**



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Step 4.

**Add your diced vegetables to the bowl and mix.**



Step 5.

**Add 500mls of hot water to a measuring jug.**



Step 6.

**Whisk in one stock pot with the water.**

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Step 7.

**Turn on the cooker to medium/high heat.**



Step 8.

**Add one tablespoon of olive oil to the pan.**

**Place pan on cooker.**



Step 9.

**Add your beef mince to the pot and cook until brown.**

**Set aside on a plate when cooked.**

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Step 10.

**Add your vegetables from the bowl and add to the pot.**



Step 11.

**Cook and stir with a wooden spoon on a medium heat for 5 minutes.**



Step 12.

**Add your chilli con carne seasoning and cook for further 2minutes.**



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Step 13.

**Add your beef back into the pot and mix.**



Step 14.

**Add one tablespoon of tomato puree.**



Step 15.

**Add a can of chopped tomatoes and mix.**

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Step 16.

**Add 200grams of red lentils to the pot.**



Step 17.

**Pour your beef stock into the pot and mix.**



Step 18.

**Drain your beans with a colander.**



Step 19.

**Add your beans to the pot.**



Step 20.

**Reduce your heat to low and cook uncovered for 30minutes.**



Step 21.

**Heat your rice packet in the microwave for 1minutes 30seconds**



Final Step.

**Add your rice and chilli to a bowl and enjoy !**