



CHILLI CON CARNE


Serves 4

The Mayans loved their chocolate and used it in all their food, including meat dishes such as this Chilli Con Carne – which means 'chilli peppers with beef' in Spanish! The addition of dark chocolate brings a rich, deep flavour.

Equipment

Apron		Chopping Board	
Kettle		Sharp Knife	
Measuring Jug		Garlic Crusher	
Wooden Spoon		Measuring Spoons	
Can Opener		Saucepan on hob / Electric skillet	
Rice Cooker			
Colander		Kitchen Scales	
Vegetable Peeler		Serving Dish/	

Ingredients makes 4 adult's servings or 6 children's servings

Oil – 1 tsp		Lean Minced Beef – 500g	
Onion – 1 large		Beef Stock – 1 cube	
Garlic – 2 cloves		Chopped Tomato-400g	
Red Pepper – 1 large		Dried Marjoram – ½ tsp	
Carrots – 2 medium		Sugar – 1tsp	
Chilli Powder – 1 tsp		Tomato Puree- 2 tbsps	
Paprika – 1tsp		Red Kidney Beans – 410g	
Ground Cumin – 1 tsp		Dark Chocolate – 10g	
Rice			

METHOD – how to cook the chilli con carne



Peel and chop the onion into small pieces. Crush the garlic using a garlic crusher. Wash and cut the red pepper in half, take out the seed and pith and dice into ½ cm cubes.



Wash and peel the carrots, then dice into ½ cm cubes.



Put your pan on medium heat, add the oil and leave to get hot. Then add the onions and cook until soft. Then add garlic, red peppers, carrots, 1 tsp chilli, 1 tsp paprika and 1 tsp cumin. Stir well and cook for another 5 minutes, stirring occasionally.



Turn the heat up a bit, then add the meat to the pan and break it up with a wooden spoon. The mix should sizzle. Keep stirring and prodding until there are no more lumps and the meat is all browned.



Crumble 1 beef stock cube into 300ml hot water. Pour this into the pan with the mince mixture. Open the can of chopped tomato and add these as well. Tip in ½ tsp dried marjoram and 1 tsp sugar, then add a pinch of salt and pepper. Squirk in 2 tbsp tomato puree.



Bring the whole pan to boil, giving it a good stir, then put the lid on. Turn the heat down until it is gently bubbling and leave it for 20 minutes. Check the pan occasionally and give it a good stir to prevent the chilli con carne from sticking to the bottom of the pan. If the mixture is drying out, add some more water.







Drain and rinse 1 can of red kidney beans in a colander and stir them into the chilli. Bring to boil again for another 10 minutes with the lid on, adding a bit more water if it looks dry.



Add in your chocolate (2 small blocks) and stir well into the chilli until it is all melted and combined. Turn the heat off and let the chilli stand to allow all the flavours to mingle. Then serve with plain boiled long grain rice.

NUTRITIONAL INFORMATION

Carbohydrates - gives us energy	Protein - Builds our bodies	Fats - Keeps our bodies working	Fibre - Sweeps our tummies
			

Skills you have learnt today: Chop, crush, wash, peel, dice, weigh, measure, sauté, brown, mix, stir, combine, open a can, drain, boil, simmer, time.

