

Chilli con carne

Ingredients

1 onion
2 different coloured peppers
1 carrot, grated
150g mushrooms

500g beef mince (or vegetarian alternative such as Quorn)
400g can chopped tomatoes
400g can of red kidney beans
1-2 tsp chilli powder or chilli flakes

Notes

- **Don't forget your apron!**
- **Please bring 2L container to take home**
- **If using Quorn mince, please bring a second 400g tin of chopped tomatoes.**
- **Check allergies of consumer before serving.**

Method

1. Chop onions and mushrooms.
2. Grate the carrot.
3. Deseed and chop peppers
4. Put in an airtight plastic container, label and store in the fridge.
5. Open cans of beans and tomatoes.
6. Fry mince in a saucepan until browned.
7. Add onions, pepper, carrot and mushrooms. Cook for 2 mins until onions start to soften.
8. Add the chilli powder and tomatoes.
9. Season well and simmer over a low heat for 10 mins.
10. Add the beans. Mix well. Cook for further 10 mins.
11. Remove from heat and season to taste.
12. Serve with rice or a jacket potato.

