



Chilli Con Carne

Equipment

Knife	Chopping board
Measuring cups	Measuring spoons
Colander	Large metal or wooden spoon
Saucepan	

Ingredients

10 serves	25 serves	50 serves
1 tbsp olive oil	2 tbsp	4 tbsp
500g lean minced beef	1.250 kg	2.5 kg
2 onions, chopped	4	8
½ red capsicum, thinly sliced	1	2
1 large carrot, grated	2 ½	5
1 ½ tsp ground cumin	3 ¾ tsp	7 ½ tsp
1 tsp ground coriander	2 ½ tsp	5 tsp
1 tsp paprika	2 ½ tsp	5 tsp
1 ½ cups water	3 ¾ cups	7 ½ cups
1 ½ tbsp tomato paste	3 ¾	7 ½
1 x 400g can diced tomatoes	2	5
1 x 420g cans red kidney beans, rinsed and drained	2	5

Method

1. Heat the saucepan over medium heat, then add the minced beef and cook for 2 – 3 minutes or until browned.
2. Add the onion, capsicum and carrot and cook for a few minutes until the vegetables are tender.
3. Stir in the cumin, coriander, paprika, water, tomato paste and canned tomatoes and stir until all the ingredients are well combined.
4. Cover the pan with a lid and simmer for about 30 minutes, stirring occasionally.
5. Add the kidney beans and cook for a further 20 minutes.

Chilli no carne

For a vegetarian option, instead of the minced beef, add double the amount of canned kidney beans

Adapted from a recipe by NSW Department of Education