

# Chilli Con Carne

## Ingredients

$\frac{1}{2}$  cup rice

50g beef mince

$\frac{1}{4}$  onion

$\frac{1}{4}$  two different coloured peppers

1 clove of garlic

$\frac{1}{4}$  tsp chilli powder

$\frac{1}{4}$  tsp paprika

$\frac{1}{4}$  tsp cumin

$\frac{1}{4}$  tin tomatoes

1 tbsp. tomato puree

2 tablespoons of kidney beans

Salt and pepper

100 mls (a few dashes of water)

## Method

1. Cook rice and sieve when ready.
2. Chop onion, peppers and garlic really fine
3. Fry Onion in oil for 3 Minutes, then add garlic and peppers.
4. Add Chilli powder, paprika and cumin and stir.
5. Add mince and fry until mince is brown.
6. Add chopped tomatoes, water and tomato puree
7. Add Kidney Beans and simmer for 5 minutes.
8. Season with Salt and Pepper.