

# Chile Con Carne

- **Ingredients**
- 1 onion
- 1 garlic clove
- 250g mince or Quorn
- 1 tsp. chilli powder
- 1 tsp. paprika
- 1 pepper (any colour)
- 1 stock cube (beef or veg)
- 1 tbsp. tomato puree
- 1 tin of kidney beans
- 1 can of chopped tomatoes



1. Open the tomatoes.



2. Dice the onion and pepper.



3. Peel and crush the garlic.



4. Add 1tsp of oil to the pan and fry the onion and pepper for **5 minutes** on a **heat 4**.



5. Add the mince, stir and fry until it turns brown.



6. Sprinkle over the spices and the garlic. Mix into the pan. Add the stock cube (crumble).



7. Add the puree and tomatoes. **Simmer on heat 4 for 15 minutes.** Wash up.



8. Drain the kidney beans over the sink.



8. Add the beans and simmer for another **10 minutes.** Wash up



9. Season with salt and pepper.