



Beefy Boy Bonanza 3: Chilli Con Carne

Serves 4 - 6



Base recipe:

- 500g mince
- 200g tin kidney beans
- 1 carrot
- 1 garlic clove
- 1 small onion



Add ingredients:

- 400g tin corn kernels
- 3 cups cooked rice
- 400g tin of diced tomatoes
- 1 tablespoon tomato paste
- 2 tablespoons cumin
- 2 teaspoons chilli powder



Equipment:

- Grater, frypan, fork, bowl, spatula, teaspoon, tablespoon, chopping boards, knives

Recipe Tip:

Use the mixture for burritos, stuffed spuds or a Mexican layered salad.



1 Grate carrot, chop onion and crush garlic clove. Brown onion and garlic in lightly oiled frypan.

2 Mash kidney beans in a bowl.

3 Add mince to frypan with onion and garlic until mince is browned.

4 Add mashed kidney beans, grated carrot, tinned tomatoes, tomato paste, tinned corn, cumin and chilli powder. Stir and heat through.

5 Serve with cooked rice or flat bread and salad.