



CHILLI CON CARNE (SERVES 4)

INGREDIENTS

500g beef mince	400g can diced tomatoes	1 teaspoon oregano
1 teaspoon chilli powder	400g can red kidney beans (drained)	1 tablespoon oil (not provided)
1 teaspoon ground cumin seeds	400g can four bean mix (drained)	Salt & pepper to taste (not provided)
125g can corn kernels (drained)	2 cups rice (uncooked)	

UTENSILS

Large saucepan	Colander	Tablespoon
Medium saucepan	Wooden spoon	Teaspoon
Measuring cup or jug		

CHILLI CON CARNE



OPTIONS

For extra flavour you can add:

- 1/2 teaspoon of garlic
- 1 teaspoon of ground coriander

METHOD

1. Heat oil in a large saucepan. Add beef mince and cook until browned (this should take around 4 to 5 minutes).
2. Add chilli powder, cumin and oregano to the beef mince and stir.
3. Add red kidney beans, four bean mix and corn to the beef mince. Stir to combine.
4. Add tomatoes and ¼ can of water to the beef mince, cook uncovered on medium for 15 to 20 minutes, stirring occasionally.
5. While the mixture is simmering, cook the rice in a medium saucepan of water (as per instruction card).
6. Once cooked drain rice and divide between 4 bowls, top with the Chilli Con Carne mixture.

FOR MORE INFORMATION

08 8351 1136 or reception@foodbanksa.org.au