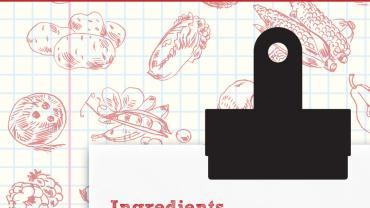


Chilli Con Carne



Ingredients

Ingredient	Quantity	Unit
ONIONS SPANISH	150.00	g
Sysco Classic Mild Chilli Powder	30.00	g
Brakes Chopped Tomatoes in Tomato Juice	500.00	g
Sysco Classic Ground Cumin	30.00	g
Red Kidney Beans in water 1x2.5kg	150.00	g
Cooks Garlic Puree	30.00	g
Sysco Classic Tomato Paste	50.00	g
Fresh Beef Mince (Lean)	650.00	g

Preparation Notes

Description - Minced beef with chilli served in a tomato sauce with beans for added protein

- 1. Saute the diced onions and garlic until they start to colour light brown.
- $2.\ \mbox{Add}$ the cumin and chilli powder and cook with the onions for a minute or two.
- 3. Add the minced meat and cook until brown.
- 4. Add the tomato puree, chopped tomatoes and kideny beans stir well.
- 5. Allow to cook for a further 40 minutes on a moderate heat.

Note - Balance the flavours with a little sugar or vinager - to taste.

Serve with - Rice, Tortila chips or jacket potatoes - top with sour cream, natural $\,$ yoghurt or grated cheese.

Garnish - Grated







CEREAL GLUTEN	MC
CRUSTACEA	N
FISH	N
MOLLUSCS	N
PEANUTS	N
SESAME SEEDS	N
SOYBEAN	N
TREE NUTS	N
CELERY / CELERIAC	N
EGGS	N
MILK	N
MUSTARD	N
LUPIN	N
ADDED SULPHUR DIOXIDE	N
WHEAT	мс
BARLEY	N
RYE	N
SPELT	N
KAMUT	мс
OATS	N

