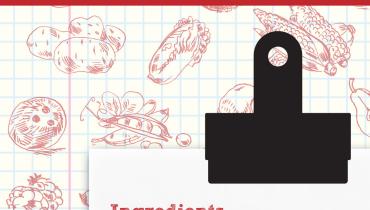


Chilli Con Carne



Ingredients

Ingredient	Quantity	Unit	
Fresh Beef Mince (Lean)	650.00	g	
ONIONS SPANISH	150.00	g	
Royal Crwn Red Kidney Beans CASE 12x400g	150.00	g	
Brakes Ground Cumin	30.00	g	
Brake Mild Chilli Powder 1x500g	30.00	g	
Caterers Pride Tomato Paste 1x800g	50.00	g	
Brakes Chopped Tomatoes in Tomato Juice	500.00	g	
Cooks Garlic Puree 1x1.2kg	30.00	g	

Preparation Notes

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

Method

- 1. Saute the diced onions and garlic until they start to colour light brown.
- 2. 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
MITK	N
MUSTARD	N
LIPIN	N
ADDED SULPHUR DIOXIDE	N
WHEAT	MC
BARLEY	N
RYE	N
SPELT	N
	CRUSTACEA FISH MOLLUSCS PEANUTS SESAME SEEDS SOYBEAN TREE NUTS CELERY / CELERIAC EGGS MILK MUSTARD LUPIN ADDED SULPHUR DIOXIDE WHEAT BARLEY RYE

