

Looks Like



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

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 kidney 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 vinegar - to taste.

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

Garnish - Grated

Allergen Info

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	MC
BARLEY	N
RYE	N
SPELT	N
KAMUT	MC
OATS	N

Y : YES
N : NO
MC : MAY CONTAIN
U : UNCLASSIFIED (BY MANUFACTURER/PROVIDER)