



Chilli Con Carne

10 Portions

Ingredient

Amount

| | |
|------------------|------|
| Mince Beef | 500g |
| Red Lentils | 60g |
| Onions | 100g |
| Chilli Powder | 3g |
| Garlic Puree | 1g |
| Tomato Paste | 80g |
| Chopped Tomatoes | 300g |
| Red Kidney Beans | 150g |
| Seasoning | 1ptn |

Method:

- Cook off lentils until tender
- Cook off mince, onion, garlic, chilli powder and season
- Add tomato paste, chopped tomatoes, lentils and kidney beans
- Gently simmer
- Steam or boil rice, for approx. 20 minutes, drain

