**Chilli Con Carne**

**Ingredients**

200g minced beef

1 x Tablespoon Oil

1 onion

1 green pepper

1 garlic clove

1 x Teaspoon tomato puree

1 x Teaspoon chilli powder

1 x Teaspoon ground cumin

1 x small chilli (optional)

400g canned chopped tomatoes

200g canned kidney beans

1 beef stock cube

**cm**

**Equipment**

Chopping board

Vegetable knife

Vegetable peeler

Measuring spoons

Saucepan

Measuring jug

Mixing spoon

Colander.

**Method**

1. Prepare the vegetables:

* Peel and chop the onion;
* Peel and crush the garlic;
* Deseed and dice the green pepper

2. Add the oil and fry the mince until it is lightly browned.

3. Add the onion, garlic and spices and fry together for 2-3 mins.

4. Add the green pepper, chopped tomatoes, kidney beans and tomato puree and bring to the boil.

5. Reduce the heat and simmer for 15 – 20 mins.