



CHILLI CON CARNE

Chilli Con Carne is Spanish for Chilli - With - Meat! A spicy stew containing chilli, meat (usually beef), and beans.

Serve with rice or a jacket potato. A cooling side salad will take some of the heat out of the chilli, but if you like a little more heat simply add extra chilli powder, cayenne pepper or Worcestershire sauce.



Recipe supplied by MeatandEducation.com
www.meatandeducation.com

Skills Check: Follow a recipe; follow food safety & hygiene rules; tidy away; use measuring spoons; use a measuring jug to measure liquids; use a tin opener safely; chop using bridge/claw technique safely; crush garlic; use a hob | kettle (with adult supervision); use a colander.

Allergens*

Gluten

May Contain: Celery | Mustard | Eggs | Soya

Equipment: Knife, chopping board, garlic crusher, measuring spoons, saucepan, wooden spoon, measuring jug, kettle, tin opener, colander.

Ingredients (Serves 4, or 8 as a taster):

- 1 onion, peeled and chopped
- 1 clove garlic, crushed
- 500g minced beef
- 2 tsp plain flour
- 1 tbsp tomato puree
- 1 tsp chilli powder
- 250ml beef stock
- 400g can red kidney beans, drained and rinsed
- 1 green pepper, de-seeded and chopped

Method

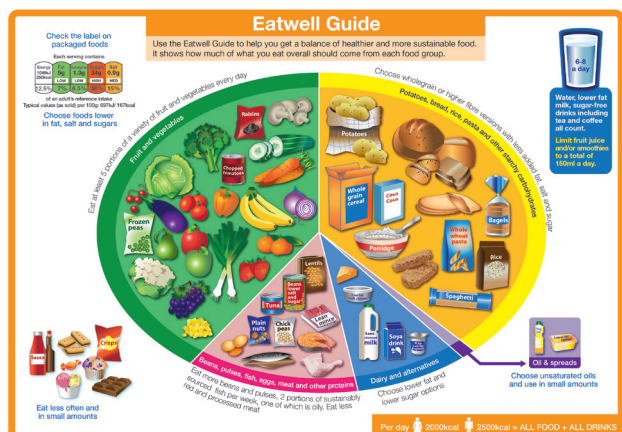
1. Prepare the vegetables; peel and chop the onion, peel and crush the garlic and deseed and chop the pepper.
2. Dry-fry the onion, garlic and minced beef until the mince has browned.
3. Stir in the flour, tomato puree and chilli powder and cook for one minute.
4. Add in the stock, stirring.
5. Drain the red kidney beans and add to the meat.
6. Bring to the boil, reduce the heat and simmer for 20 minutes.
7. Add the green pepper and allow to cook for a further 15 minutes.

* (Please note the allergens listed are indicative only. Allergens vary depending on brand; check the labels on the products you use.)



CHILLI CON CARNE

Nutrition Information



The Eatwell guide shows the proportions of the main food groups that form a healthy, balanced diet:

- Eat at least 5 portions of a variety of fruit and vegetables every day
- Base meals on potatoes, bread, rice, pasta or other starchy carbohydrates; choosing wholegrain versions where possible
- Have some dairy or dairy alternatives; choosing lower fat and lower sugar options
- Eat some beans, pulses, fish, eggs, meat and other proteins (including 2 portions of fish every week, one of which should be oily)
- Choose unsaturated oils and spreads and eat in small amounts
- Drink 6-8 cups/glasses of fluid a day

So, thinking about Chilli Con Carne..

Beef mince is a great source of protein and iron, as well as some other vitamins and minerals; however it can also be high in fat so choose lean mince wherever possible.

Kidney beans like other beans are so good for us! Low in fat, sugar and calories and high in protein, B vitamins and fibre.



Energy, sugar, fat and salt per serving

Per 317g serving

ENERGY
1283kJ / 310kcal **15%**

LOW **FAT**
5.1g **7%**

LOW **SATURATES**
2.9g **14%**

LOW **SUGARS**
5.6g **6%**

MED **SALT**
1.2g **19%**

% of an adult's reference intake
Typical values per 100g : Energy 405kJ /98kcal

Notes

A **traffic light system** is used on nutrition labels to make it easier to see which foods and drinks are lower in calories, fat, sugar and salt. Try and choose more 'greens' and 'ambers' and fewer 'reds', and stick to smaller portions of 'reds'.

Just because a recipe or a food has a red traffic light doesn't mean you shouldn't eat it. Understanding why a food or recipe might have a red light can be helpful. For example oily fish is high in total fat and so any recipe containing oily fish is likely to be 'red' for fat. But it is recommended that we eat oily fish at least once a week because the type of fat it contains is beneficial for our health.

% Reference Intakes are also shown. Reference Intakes are guidelines about the approximate amount of particular nutrients and energy required for a healthy diet (based on an average-sized woman doing an average amount of physical activity). Most children will require less than these Reference Intakes. The contribution of one serving of a food or drink to the Reference Intake for each nutrient is expressed as a percentage