

# Easy Chilli Con Carne



Photo by Margaret (CC BY 3.0)

**6**

Serves

**15**  
mins

Prep

**1**  
hour

Cooking

**★ ★**

Level

## Recipe

1. With a knife and chopping board, finely chop the onion, and crush and chop the garlic cloves.
2. Heat a tablespoon of oil in a large pan and cook the minced beef until brown.
3. Add the onion, chilli and garlic into the pan. Cook gently until the onion has softened.
4. Add the ground cumin, chilli powder, dried oregano and tomato puree to the pan and cook for 2 minutes.
5. Add the chopped tomatoes and 250ml of water.
6. Stir in the rinsed beans and season.
7. Simmer on low to medium heat, cover with a lid and cook for 45 minutes.

## Ingredients

- olive oil
- 500g 5% fat minced beef
- 1 onion
- 2 garlic cloves
- 1½ tsp ground cumin
- 1 tsp mild chilli powder
- 1½ tsp dried oregano
- 1 tbsp tomato puree
- 400g can chopped tomatoes
- 400g can red kidney beans (rinsed)
- two cups of rice
- chopped parsley leaves to decorate

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8. With 20 minutes left, add the rice to a saucepan of boiling water and cook until soft.
9. Sieve the rice to get rid of the water. Portion the rice into bowls, add the chilli and decorate with parsley.



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### Nutrition Value per Serving

kcal	fat	sat fats	carbs	sugars	fibre	protein
413	10g	2.6g	47.7g	2.8g	12g	42.4g

### Fun Facts

- Chilli con carne is often thought to have originated in Mexico, however, it originated in Southern Texas, in the US.
- Minced beef and kidney beans are both high in protein, which is great for growth and development.
- Onions are a good source of a wide variety of vitamins, minerals and nutrients, but are high in vitamin C, which is important to help our body protect cells and keep them healthy.
- Rice is a staple food for more than half of the population on earth!
- Rice is mostly carbohydrate, so it is perfect for giving us energy and making us feel full for a long time.

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We hope you find this resource useful. These recipes are intended as general guide only and involve the use of knives, hot water and kitchen appliances which use considerable heat. It is your responsibility to assess risks and ensure the activity is safe for those participating. We will not be held responsible for the health and safety of those participating and cannot accept any liability. It is also your responsibility to ensure you are fully aware of the allergies and health conditions of anyone making or consuming these products – noting potential allergens included in the ingredients.

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