



Chilli Con Carne

Serves: 4

Preparation time: 10 minutes

Cooking time: 45 minutes

Ingredients:

- 1 medium onion
- 1 clove garlic
- 1 medium carrot
- 1 red pepper
- 1 tbsp olive oil
- 1 level tsp chilli powder
- 1 level tsp ground cumin
- 1 level tsp ground cinnamon
- Black pepper
- 1 x 400g tinned red kidney beans (can use black eye peas or butter beans instead)
- 1 x 400g tinned chopped tomatoes
- 250g lean minced beef
- ½ tsp salt
- 2 tbsp chopped fresh coriander

Things you will need

- Chopping board and knife
- Large pan with lid
- Mixing spoon



Don't forget you can buy your veg at Surrey Street Market!

Method

1. Peel and finely chop the onions, garlic, carrots and red pepper
2. Add the olive oil to a large pan, heat and then gently fry the beef until brown and cooked
3. Add all the chopped vegetables to the meat and mix well
4. Add the chilli powder, cumin and cinnamon with a good pinch of black pepper and continue to cook for 10 minutes
5. Add the drained kidney beans and tinned tomatoes then bring to the boil and simmer with the lid on for 25 minutes, stirring occasionally
6. Taste the mixture and add up to ½ teaspoon of salt, if needed
7. Serve the chilli with boiled rice and with the coriander sprinkled on top



**Croydon
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