

# Chilli Con Carne Feeds 2



## Equipment



## Ingredients



2 x 1/2 cup minced beef



1 cup buttered beans



1/2 cup capsicum



1/2 cup crushed tinned tomatoes



1/2 cup chopped onions



Canola oil spray



2 pieces micro-waved corn on the cob



4 pieces micro-waved sweet potato



Garlic & ginger



1 teaspoon cumin (or curry) powder



1 teaspoon Italian mixed herbs



1/2 teaspoon chilli powder



1 Place garlic and ginger in a bowl



2 Add chilli powder, Italian mixed herbs and cumin (or curry) powder



3 Mix to make spice mix



4 Spray frying pan with canola oil



5 Cook onions until they are soft and turning brown



6 Add spice mix



7 Cook on low heat for about 5 minutes then push to one side



8 Add mince



9 Mix mince with onions and cook



10 When the meat is brown, add tinned beans



11 Add capsicum and tomatoes

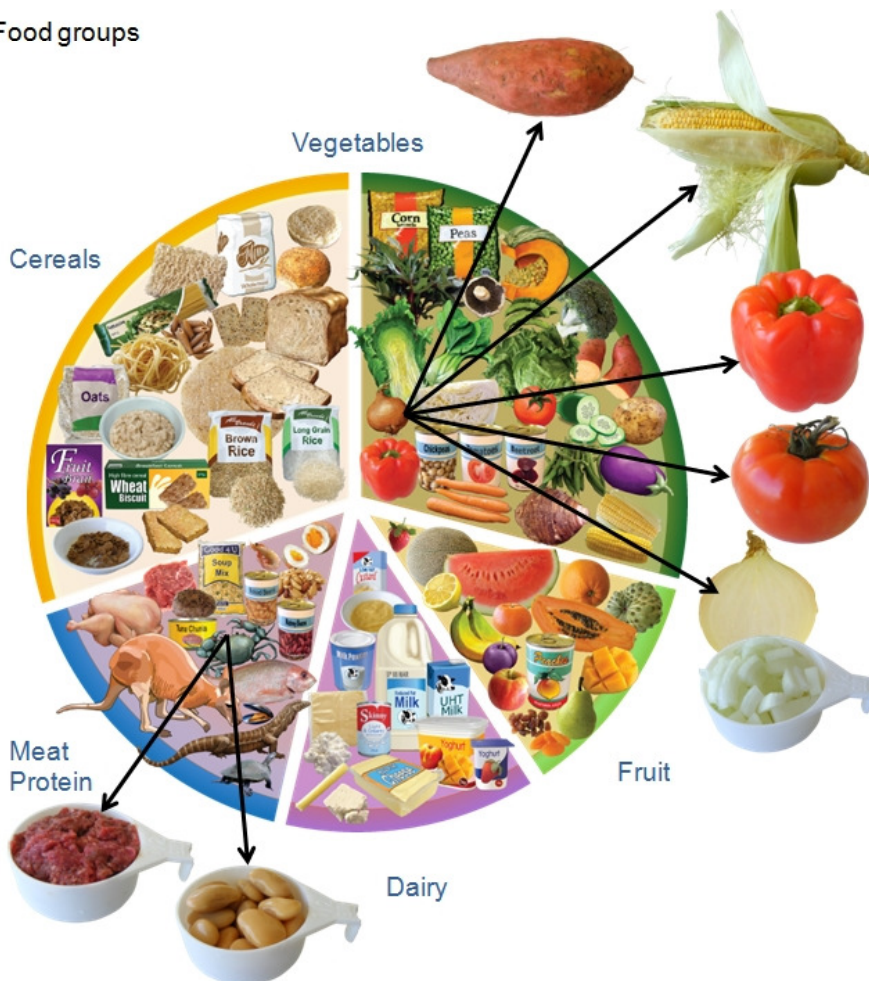


12 Mix and cook until capsicum is soft

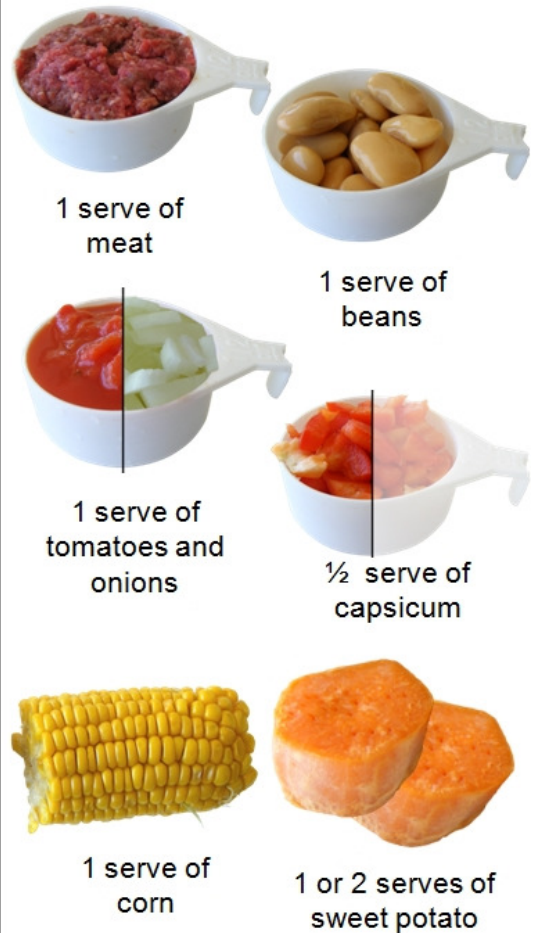


13 Serve half with corn and baked sweet potato

Food groups



Serves for one meal of pasta and sauce



There is no need to print the following page when printing and using this resource

## Health Professional Facilitator Information

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### **Purpose of resource:**

To support the delivery of practical cooking and nutrition education sessions that aim to develop basic cooking and food preparation skills.

### **Key skills:**

This resource could be used to support development of the following key cooking and food preparation skills:

- safe food handling
- safe knife handling
- safe hand washing techniques
- keeping a clean and tidy work area

### **Target group:**

This resource is designed to be used by Australians of all ages.

### **Notes:**

This resource is designed to be printed A3 size and then laminated, so that it can be used by participants at their cooking stations.

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