

# Chilli Con Carne

## Method

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1. Open the can of tomatoes and kidney beans and reserve for later
2. Wash the pepper and onion  
*Use a colander and a plate to catch drips*
3. **Peel** the onion then **dice** into small pieces  
*Use a brown chopping board and safety mat*
4. **Crush** or **finely chop** the garlic
5. **Dice** the pepper into small pieces  
*Use a green chopping board and safety mat*
6. Add oil and 1 piece of onion to the saucepan
7. Heat the oil to the correct frying temperature  
*! Heat on number 6 but immediately turn down to 3 when test piece of food sizzles – stay focussed*
8. **Gently fry** the onions, garlic and pepper for 2 to 3 minutes  
*You do not want the onions to brown, just soften*
9. Add mince and **fry** until brown. Stir and adjust heat as necessary  
*! Wash hands after touching raw meat*  
*! Add a splash of water if food starts sticking to the saucepan*  
*Browning the mince adds flavour and ensures readiness*
10. Add the chopped tomatoes, chilli powder and paprika
11. Add the tomato puree and stir
12. Bring to the **boil** then reduce to a **gentle simmer** for 15 minutes  
*Stir and control heat as necessary*  
*! Don't let the chilli dry out, add a splash of water if needed*
13. Add the kidney beans, stir, **season** to taste  
*! Kidney beans in brine must be drained and rinsed thoroughly*
14. **Simmer** for 5 more minutes **[A]**  
*Stir and control heat as necessary*

## Ingredients

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- Up to 450g minced beef
- 1 onion
- 1 pepper
- 1 can chopped tomatoes
- 2 cloves garlic (optional)
- 1 can red kidney beans / or kidney beans in chilli sauce / or baked beans
- 2 tbsp tomato puree
- 1 tsp chilli powder (school)
- 1 tsp paprika (school)
- 2 tbsp oil (school)
- Container

## Equipment

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- Blue tray
- Can opener
- Dessert spoon
- Measuring spoons
- Safety mat
- Wooden spoon
- Timer
- Vegetable knife
  
- Chopping boards
- Small bowl
- Colander and plate
- Large saucepan

## Key Moments



**[A]** Completed chilli con carne