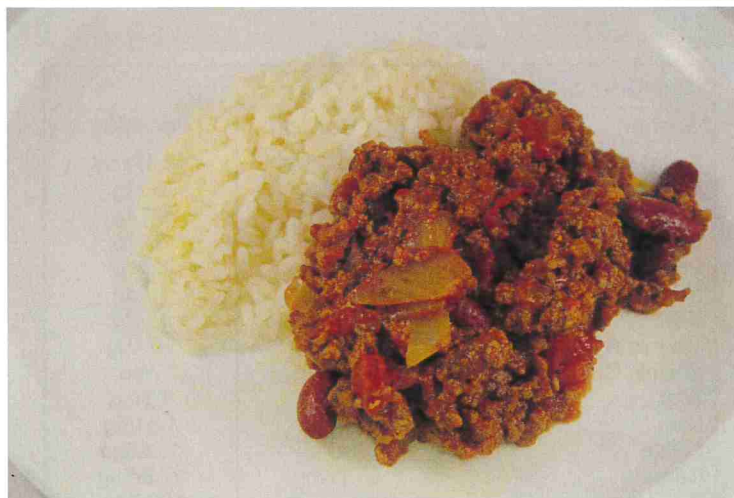


Chilli Con Carne



Ingredients

Description	Ptn	10ptn	50ptn	100ptn	200ptn
Lean Minced Beef	47 g	467 g	2.33 kg	4.67 kg	9.33 kg
Chilli Powder	1 g	8 g	42 g	83 g	167 g
Garlic Puree	2 g	17 g	83 g	167 g	333 g
Onions	15 g	150 g	750 g	1.5 kg	3 kg
Red Kidney Beans	50 g	500 g	2.5 kg	5 kg	10 kg
Chopped Tomatoes	100 g	1 kg	5 kg	10 kg	20 kg
Tomato Paste	13 g	133 g	667 g	1.33 kg	2.67 kg
Ground Cumin	1 g	5 g	25 g	50 g	100 g

Method

Seal the meat, using no additional fat.
 Add the diced onions, garlic and tomato puree
 Sprinkle on the chilli powder and ground cumin.
 Cook stirring frequently over a medium heat for approximately 3 minutes.
 Add the chopped tomatoes and simmer for approx 2 hrs. Add more water if needed.
 Add the kidney beans and heat through for a further 5 minutes.
 Transfer to a warm tin/serving dish for service.
 Serve with steamed rice