

CHILLI CON CARNE

PREPARATION

- Peel and chop the onions
 - Peel and crush the garlic
1. On a medium heat, fry the onions, garlic, chilli, cinnamon and cumin in the oil for around 10 minutes, or until softened, stirring regularly.
 2. Add the minced beef, breaking it up with a wooden spoon or spatula, and cook for a further 5 minutes.
 3. Add the flour and stir in well.
 4. Pour in the tomato base sauce, add the bay leaves, and cook gently for 30 minutes, stirring occasionally.
 5. Stir in the kidney beans and cook for a final 5 minutes.
 6. Remove the bay leaves, then season to perfection with sea salt and black pepper.



SERVING

Serve with fluffy white rice and a mixed leaf salad, or use as filling to make chilli beef fajitas.

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JAMIE SAYS...

“If you can afford to put a bowl of plain yoghurt at the end of the servery, kids will love it! If they don’t like the beans, blitz them up so they can’t see them.”

NOTE ON NUTRITION

The tomato base sauce adds all those extra veg to the dish, making it even more nutritious, and the kidney beans provide extra fibre to help keep our digestive systems healthy.

NUTRITION

Each secondary portion (130.1g) contains:

Energy	Fat	Sat fat	Sugars	Salt
248kcal	9.2g	2g	10.7g	0.6g

NOTES

LOOKING FOR THE INGREDIENTS?

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INGREDIENTS

30 25	60 50	120 100	180 150	240 200	Primary portions Secondary portions
500g	1kg	2kg	3kg	4kg	onions
3	5	10	15	20	cloves of garlic
1	2	4	6	8	teaspoons chilli powder
½	1	2	3	4	teaspoons ground cinnamon
½	1	2	3	4	teaspoons ground cumin
3	6	9	10	13	teaspoons light olive oil or vegetable oil
1.25kg	2.5kg	5kg	7.5kg	10kg	minced beef (5-10% fat)
110g	225g	450g	625g	900g	plain flour
2	4	8	12	16	litres Tomato base sauce
1	2	4	6	8	bay leaves
1.5kg	3kg	6kg	9kg	12kg	tinned red kidney beans (drained weight)
½	1	2	3	4	teaspoons sea salt and black pepper