

# Chilli Con Carne

Dating back to 1519, the Spanish referred to Chile peppers as ‘chile’ and ‘carne’ as meat. This is a children friendly version of the recipe with fresh ground beef and packed full of seasonal vegetables.



**Influence: Spanish**



Serves 10 children



35 minutes

## INGREDIENTS

Rice, dry 100g ( ½ C)  
 Beef, mince, low-fat 200g ( ¾ C)  
 Oil, olive 30ml (1 ½ T)  
 Onion, chopped 40g ( ½ medium)  
 Garlic, chopped 5g (1 clove)  
 Chilli, ground 1g (1 t)  
 Cumin, ground 1g (1 t)  
 Oregano, dried 1g (1 t)  
 Paprika, sweet, ground 1g (1 t)  
 Coriander, ground 1g (1 t)  
 Tomato, diced, canned (no added salt or salt reduced) 400g (1 can)  
 Tomato paste, low-salt 30g (1 ½ T)  
 Beef stock powder, low-salt 5g (1 t)  
 Water 125ml ( ½ C)  
 Mixed vegetables, frozen 280g (2 C)  
 Kidney beans, canned, drained 380g (2 C)  
 Cheese, cheddar, grated 150g (1 ½ C)

## DIRECTIONS

1. Cook rice and set aside.
2. Heat oil in a large pan on med-high heat. Add onion and garlic and cook until browned.
3. Add chilli, cumin, oregano, sweet paprika and coriander. Cook for 2 minutes.
4. Stir through tomatoes and tomato paste with beef stock. Add vegetables and kidney beans.
5. Simmer for 20 minutes.
6. Serve with cooked rice.
7. Sprinkle with cheese to serve.

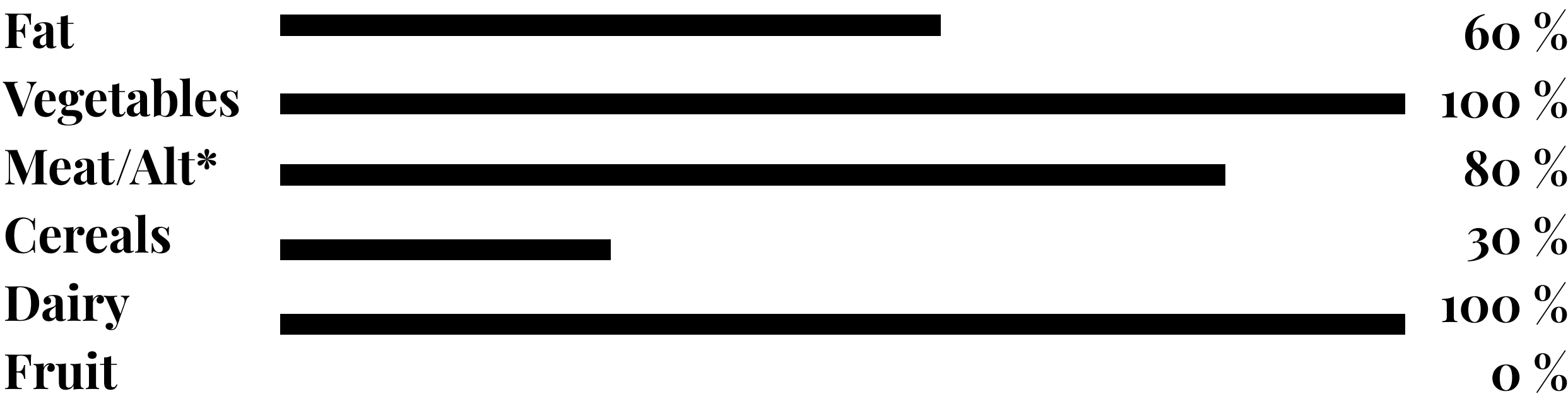
# Allergy Information

Contains: cow's milk protein.

Some stock powders contain gluten, wheat and/or soy.

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## Childcare RDI Calculator:



\* meat = lean meats, poultry and fish; meat alternatives = eggs, tofu, nuts, seeds, legumes and beans

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This recipe is sourced from the Nourish Cookbook: The complete guide for Food Coordinators in Education and Care Services