

Foods 10
Magee
Mrs. Grier

CHILI CON CARNE (group of 4)
servings

Yield: 2

COOKERY PRINCIPLES

1. International Cuisine
2. Luncheon Meals
3. Protein Cookery
4. Meat Alternatives



INGREDIENTS

15 mL	oil	125 mL	canned tomatoes + juices
1/4	onion, diced	125 mL	canned kidney beans
1	stalk celery, sliced+diced	125 mL	canned brown beans
1/6	green pepper, diced	2 mL	salt, pepper, parsley
1-2	clove garlic, minced	10 mL	sugar, chili powder
100 g	lean ground beef	5 mL	Worcestershire Sauce
25 mL	tomato paste	60 mL	water + 1/2 bay leaf
125 mL	tomato sauce	60 mL	cheddar cheese, grated

Method

1. Slice and dice celery. Dice onion and green pepper. Peel and mince garlic.
2. Place oil in a medium saucepan. Add celery, onion, green pepper and garlic and cook until vegetables have softened. (3 mins.)
3. Add ground beef, breaking into small chunks. Cook until meat is browned right through.
4. Stir in tomato paste, tomato sauce, canned tomatoes, kidney beans and brown beans.
5. Add spices, sugar, salt, bay leaf, water and Worcestershire sauce. Stir to blend.
6. Bring to a boil and then turn heat to low and simmer for minimum 20 mins with the lid off, stirring occasionally. Hot spices can always be added
7. Serve hot with warm cornmeal muffins.