



# CHILLI CON CARNE (SERVES 4)

## INGREDIENTS

500g beef mince	125g can corn kernels (drained)	2 cups rice (uncooked)
1 teaspoon chilli powder	400g can diced tomatoes	1 teaspoon oregano
1 teaspoon ground cumin seeds	400g can red kidney beans (drained)	1 tablespoon oil (not provided)
	400g can four bean mix (drained)	Salt & pepper to taste (not provided)

## UTENSILS

Large saucepan	Colander	Tablespoon
Medium saucepan	Wooden spoon	Teaspoon
Measuring cup or jug		



Scan for Meal Pack tutorial videos  
[FOODBANK.ORG.AU/MEALPACKS](https://FOODBANK.ORG.AU/MEALPACKS)

SUPPORTED BY:  
 **Australian Gas Networks**  
Part of Australian Gas Infrastructure Group

# CHILLI CON CARNE



## OPTIONS

For extra flavour you can add:

- 1/2 teaspoon of garlic
- 1 teaspoon of ground coriander

## METHOD

1. Heat oil in a large saucepan. Add beef mince and cook until browned (this should take around 4 to 5 minutes).
2. Add chilli powder, cumin and oregano to the beef mince and stir.
3. Add red kidney beans, four bean mix and corn to the beef mince. Stir to combine.
4. Add tomatoes and ¼ can of water to the beef mince, cook uncovered on medium for 15 to 20 minutes, stirring occasionally.
5. While the mixture is simmering, cook the rice in a medium saucepan of water (as per instruction card).
6. Once cooked drain rice and divide between 4 bowls, top with the Chilli Con Carne mixture.



Scan for Meal Pack tutorial videos  
[FOODBANK.ORG.AU/MEALPACKS](https://www.foodbank.org.au/mealpacks)

## FOR MORE INFORMATION

08 8351 1136 or [reception@foodbanksa.org.au](mailto:reception@foodbanksa.org.au)