



## Chilli con Carne (Serves 6)

1lb minced beef  
1 large onion chopped  
2 garlic cloves chopped or 3 inches of garlic puree  
1 tin chopped tomatoes  
1/2 can of water  
2 red Bovril cubes  
1 Kallo vegetable cube  
3 inches tomato puree  
6oz frozen red kidney beans (qv)  
6oz frozen diced peppers  
1 teaspoon salt  
1/4 teaspoon chilli powder

### Method

Fry the mince stirring until separated, then add onion and garlic, cover and cook gently for 20 minutes.

In a large pan put all remaining ingredients, bring to boil while mince is cooking.

To the mince add 1 heaped tablespoon Juvella flour mix and stir to make a roux.

Transfer to pan washing out with a little water.

Bring to the boil gently and simmer for approx. 1 hour stirring occasionally.

Serve with rice 2oz per person (white rice cook 10 mins)  
(brown rice cook 25 mins)

Can be served with chips if liked, but reduce quantity of rice.

Any remaining can be frozen and used at a later date.



This recipe has been brought to you by The Cream Of Tartar Company Limited

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