



Foodshare



Cooking for **Change!** PROGRAM

Chilli Con Carne with Golden Turmeric Rice



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Ingredients - Serves 50

Chilli con Carne

- **4kg minced beef**
- **12 onion**
- **3 bulbs garlic (24 teaspoons garlic paste)**
- **24 tablespoons vegetable oil**
- **12 teaspoon chilli powder (or more, depending on how hot you like it!)**
- **6 red capsicum**
- **6 green capsicum (or just use one whole red capsicum)**
- **12 cup frozen peas and corn (or mixed vegetable, green beans etc.)**
- **12 tablespoon tomato paste**
- **12 x 410g can canned chopped tomatoes**
- **12 x 410g canned kidney beans**

Golden Turmeric Rice

- **24 cups basmati (or long grain) rice**
- **6 teaspoon turmeric**
- **12 cloves**
- **6 cinnamon stick**

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Turmeric Rice

Method - Chilli con Carne

1. Peel and dice onion
2. Crush, peel and finely dice garlic
3. Wash and dice capsicum
4. Heat the oil and cook the onion for 3-5 minutes until softened but not brown, then add garlic and chilli and cook for a further 1-2 minutes until fragrant.
5. Add minced beef and stir until brown, approx. 20 min.
6. Add tomato paste. Cook, stirring, approx. 2 mins.
7. Add capsicum and chopped tomatoes and simmer approx. 20 mins.
8. Drain and rinse canned beans and add to the cooking pot.
9. Add frozen vegetables to the cooking pot.
10. Heat through and serve.

Method - Golden Turmeric Rice

1. Thoroughly rinse rice (approx. 3 times until water runs clear.
2. Place rinsed rice into a pot and add cold water to cover the rice plus approx. 1cm.
3. Dissolve turmeric in cold water and add to the rice, together with the cloves and cinnamon stick
4. Bring to the boil (with the lid on the pot), reduce the heat to low and cook until the water disappeared - approx. 12 minute. Turn off the heat and leave the lid on the pan for 5 minutes.
5. Remove the cloves and cinnamon stick and gently fluff rice with fork and serve.