

Marston Scouts: Chille con Carne



Ingredients	Equipment
<ul style="list-style-type: none">▪ 1 onion▪ 1 red chilli▪ 2 sprigs of thyme▪ oil, for frying▪ beef mince (250g)▪ 1 tsp ground cumin▪ 2 tsp sweet paprika▪ 1 tsp dried oregano▪ 1 or 2 fresh tomatoes▪ chopped tomatoes (packet)▪ 1/2 chicken or beef stock cube▪ kidney beans (tin)	<p>trangia <i>Hint: Use as low a flame as possible.</i></p> <p>2 chopping boards 2 sharp knives 2 wood spoons forks (for tasting) small plate (to collect spices)</p>

1. Collect together all of the ingredients and equipment
2. Peel and Chop the onion finely. Also chop the thyme (leaves not stalk!). Chop the tomatoes. (send a scout to chop the chilli)
3. Fry the Onion, chilli and thyme in a little oil. Fry until the onion is soft (about 5 minutes)
4. In the second pan fry the mince (it's done when there are no pink bits)
5. Add the dried spices to the onion mixture and cook until they release their aroma.
6. Add mince, and stir well.
7. Add the chopped and tinned tomatoes. Simmer for 5 minutes.
8. Make up 1/2 mug of stock.
9. Add stock and simmer for a while (stir from time to time to make sure it doesn't burn on the bottom). The aim is to boil off the water (reduce) to leave a nice thick sauce.
10. Add kidney beans. Cook for another 5-10 minutes (taste it!). Then leave off the heat for a few minutes

Serve and enjoy!