

Chili Con Carne Preparation

Look at the following recipe for chili con carne.

Place them into the following categories:

- raw meat
- raw vegetables
- cooked food/other



Raw Meat	Raw Vegetables	Cooked Food/Other

Ingredients:

- 200g minced beef
- 1 x tablespoon oil
- 1 onion
- 1 green pepper
- 1 garlic clove
- 1 x teaspoon tomato puree
- 1 x teaspoon chilli powder
- 1 x teaspoon ground cumin
- 1 x small chilli (optional)
- 400g canned chopped tomatoes
- 200g canned kidney beans
- 1 beef stock cube (optional)

Method:

1. Prepare the vegetables:
 - Peel and chop the onion.
 - Peel and crush the garlic.
 - De-seed and dice the green pepper.
 - Strain and rinse the kidney beans.
2. Add the oil and fry the mince until it is lightly browned.
3. Add the onion, garlic, spices and fry together for 2 – 3 minutes.
4. Add the green pepper, chopped tomatoes, kidney beans and tomato puree and bring to the boil.
5. Reduce the heat and simmer for 15 – 20 minutes.

What equipment would you need to prepare and cook this dish?