



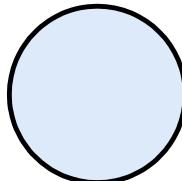
Ingredients



1



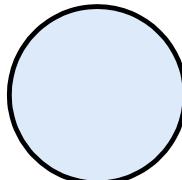
onion



2



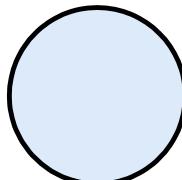
garlic clove



3



green pepper



4



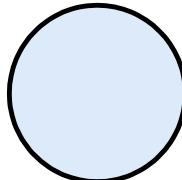
grams



beef



mince



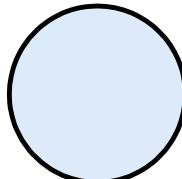
5



teaspoons



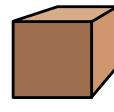
flour



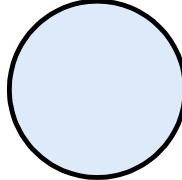
6



beef



stock cube



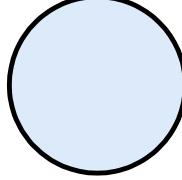
7



millilitres



water





Ingredients



8

400



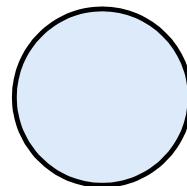
grams



canned



kidney beans



9

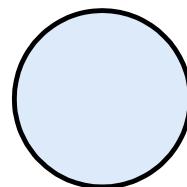
1



tablespoon



tomato puree



10

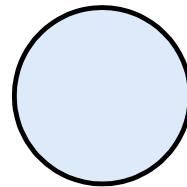
1



teaspoon



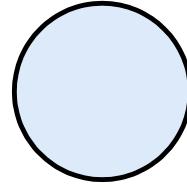
chilli powder



11



Black pepper





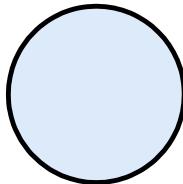
Equipment



1



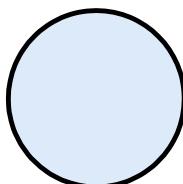
Vegetable knife



2



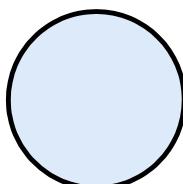
Chopping board



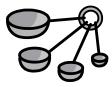
3



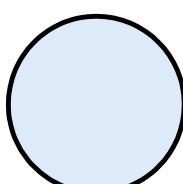
Garlic crusher



4



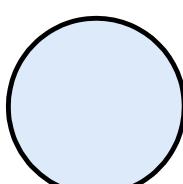
Measuring spoons



5



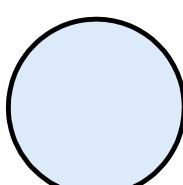
Saucepan



6



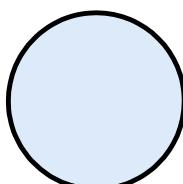
Mixing spoon



7



Measuring jug





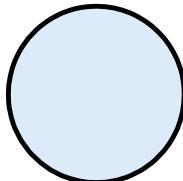
Equipment



8



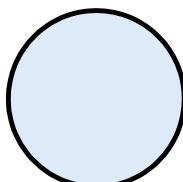
Can opener



9



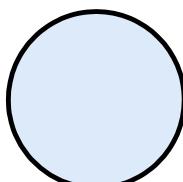
Colander



10



Plate





Method



1



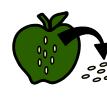
Peel the onion and chop it.

2



Peel the garlic and crush it.

3



Deseed and chop the green pepper.

4



Heat the saucepan on the hob.

5



Add the onion, garlic, green pepper, and beef



mince to the saucepan.



Method



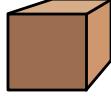
6

 Carefully stir and cook until the beef
 mince has browned and the onions are soft.

7

 Stir in the flour.

8

 Add the water to the saucepan and crumble
 in the stock cube.

9

 Stir.

10

 Using a colander, drain the kidney beans.



Method



11



Rinse the kidney beans in cold water.

12



Add the kidney beans to the saucepan.

13



1



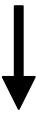
Stir in 1 tablespoon of tomato puree and

1



teaspoon of chilli powder.

14



Reduce the heat and simmer for 20 minutes.

15



Add black pepper.