



Easy Chili Con Carne Recipe

Preparation Time	64
Cooking Time	15
Serving Size	5

Ingredients:

- 2 Tbsp oil
- 1 Tbsp garlic, crushed
- 1/4 cup onion, sliced
- 3/4 cup beef, ground
- 1 pouch DEL MONTE Italian Style Spaghetti Sauce (250g)
- 2/3 cup whole kernel corn (410g), canned
- 1/3 cup red kidney beans, canned, cooked
- 1 tsp chili powder
- 1/4 cup bell pepper, green, diced
- - salt, to taste

Preparation:

1. Sauté garlic, onion, and beef until meat turns light brown.
2. Add remaining ingredients. Season with salt to taste. Cover and simmer for 5 minutes.

Chef's Tip

Remove excess oil after sautéing the ground beef so that the dish will not be too oily.

Lusog Notes

This recipe is a good source of protein that is essential for growth and development. Protein is also important for the repair of body tissues and regulation of body processes.

Cooking Skills Needed

- Slicing

Cooking Tools

- Chopping Board