

GOOD OLD



South Yorkshire
Fire & Rescue
WORKING FOR A SAFER SOUTH YORKSHIRE


Maltby
masterchef

Chilli Con Carne



Chilli Con Carne

Ingredients

- 500g lean mince (steak/beef)
- 2 onions
- 2 carrots
- 2 sticks celery
- 2 red peppers
- Table spoon of olive oil
- 2 cloves garlic
- 1 teaspoon chilli powder
- 1 teaspoon ground cumin
- 1 teaspoon ground cinnamon
- Black pepper (to taste)
- 400g tin chickpeas
- 400g tin red kidney beans
- 2 x 400g chopped tomatoes
- 200g long grain rice

Serves: 5 – 6 people
Time to cook: 60 minutes

Putting it together

1. Chop up the onions, garlic and carrot and fry in the oil for 3 minutes until soft and tender.
2. Add the minced meat, chilli powder, ground cumin, ground cinnamon and cook for 10 minutes or until the meat is browned.
3. Chop the red peppers and remove the seeds, also chop the celery and add both to the pan.
4. Stir in the tinned tomatoes, kidney beans and chick peas, bring to the boil and simmer for 15-20 minutes.
5. Boil the rice as instructed on the packet.
6. Season the chilli with pepper and serve with the boiled rice.

**Congratulations to the winning chefs from
South Yorkshire Fire and Rescue:**
The 'Tankersley Three' – Alan Barraclough,
Dean Light, Steve Burton.

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MORE RECIPES FROM THE FIREFIGHTERS!

BBQ Chicken Wraps

WITH Sweetcorn



BBQ Chicken Wraps with Sweetcorn

QUICK! AFFORDABLE! LOCAL!

Serves: 4 people

Time to cook: 45 minutes

Ingredients

- 4 chicken breasts
- 1 jar of BBQ Marinade
- 4 tomatoes
- 1 large cucumber
- 1 bag of lettuce
- 4 medium size corn on the cobs
- 8 medium size wraps or flour tortillas



How to Cook

1. Grill the chicken until cooked thoroughly; shred and cut into thin slices.
2. Boil corn on the cobs for 5 – 10 minutes or until soft.
3. Chop up cucumber and tomatoes into small pieces.
4. In a medium bowl, stir BBQ marinade into chicken and mix well.
5. Divide chicken, tomatoes, cucumber and lettuce equally amongst wraps.
6. Serve with corn on the cob.

Thanks to all the firefighters who took part!

Other recipes made on the day include Spicy Salmon Curry and Mushroom and Courgette Provençal. To download these recipes please visit: www.rotherham.nhs.uk/cookit