

Chilli

YEAR 8

To prevent **iron** deficiency anaemia.



- Oil
- 1 onion
- 2 garlic cloves
- 1tsp chilli powder, paprika, cumin
- **250g lean mince bee/turkey/chicken/Quorn**
- 1 beef or vegetable stock cube
- 1 can chopped tomatoes
- 3tbsp tomato puree
- **1 can kidney beans**

1. Peel and chop the onion
2. Peel the garlic and put it in the crusher
3. De-seed and chop the pepper
4. Warm the oil in a pan, add the onion, crushed garlic and sweat them down **DO NOT BURN**
5. Add the **mince** to the pan and brown it
6. Add the can of tinned tomatoes and a can of water then heat until the sauce thickens
7. Reduce the heat and add the **kidney beans**, tomato puree, chilli powder and peppers
8. Simmer for about 15 minutes until the peppers are tender

Knowledge check focus: Preventing diet related diseases.

- Explain what iron deficiency anaemia is and which people group are more likely to be affected by it.
- State which ingredients in the recipe contain iron.
- Which vitamin helps the absorption of iron in the body?
- If you were going to increase the amount of iron in the recipe what other ingredients could you include?

Food Safety

- How and where should meat be stored in the fridge?
- Identify the bacteria that can grown on mince meat.
- At what temperature is bacteria killed? How would you check this?