

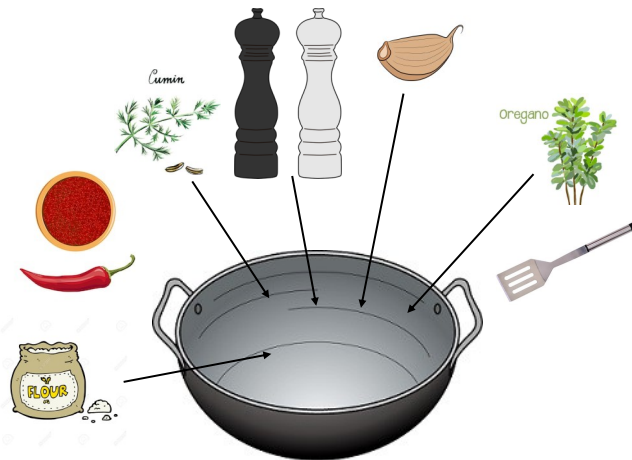


Chilli con carne

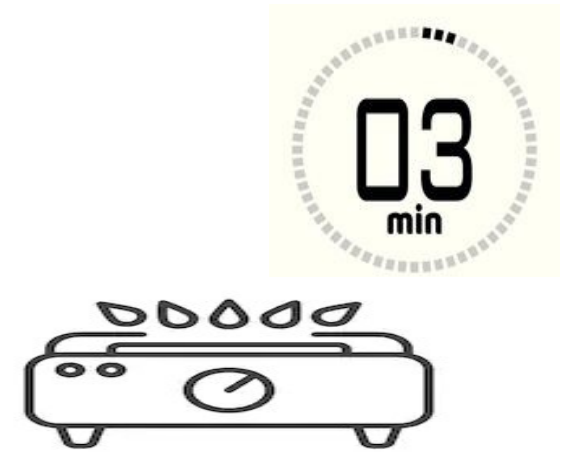
1. Dry fry the meat in the pan. Break it up and cook until brown.



2. Add seasoning and flour.



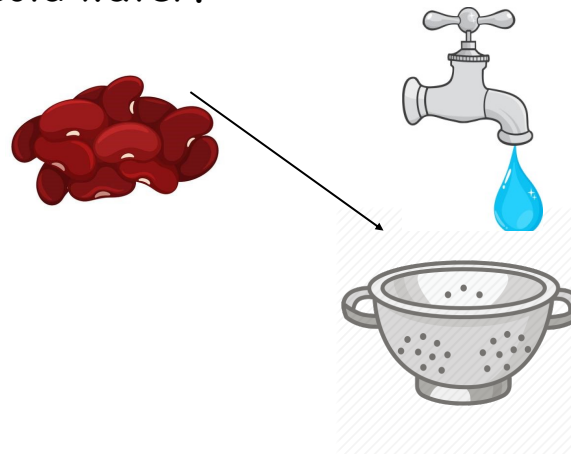
3. Stir over the heat.



4. Add the tomatoes and simmer.



5. Wash the kidney beans in cold water.



6. Drain and add to the meat. Simmer.

