



**New activities
for you to try this
school holiday!**
Remember to ask a
responsible adult for
permission before
starting the activity.

Chilli Bean Con Carne

Ingredients:

- 1 x 415g can baked beans
- 2 tbsp olive oil
- 1 x onion
- 2 x cloves of garlic
- 500g minced beef
- 2 tbsp tomato puree
- 1 tsp chilli powder
- 2 tsp mixed herbs
- 1 x 400g can chopped tomatoes

Serve With:

- 260g rice
- 60g grated cheese
- Flat leaf parsley (garnish)

The Family Baked Bean Project is back, and you're invited to attend (for FREE!!)

All these fun 'demos' are LIVE online...

Cheesy Bean & Mushroom Pancakes

Tue 11th, Wed 12th, Thur 13th, 2.30-3.00

Chilli Bean Con Carne

Tue 18th, Wed 19th, Thur 20th, 2.30-3.00

Tuna & Bean Pasta Bake

Tue 25th, Wed 26th, Thur 27th, 2.30-3.00

To book your seat for this LIVE demo contact:

Natalie - NBuck@worcestershire.gov.uk - 01905 728537

Find out more about exciting online projects at:
www.worcestershire.gov.uk/courses

Takeaway@Home

Watch LIVE demos on making your favourite takeaways - without using your phone and at half the price or less.

Curry & Balti, Sweet & Sour Chicken, Fish & Chips, Pizza and Burgers

www.worcestershire.gov.uk/readysteadyworcs

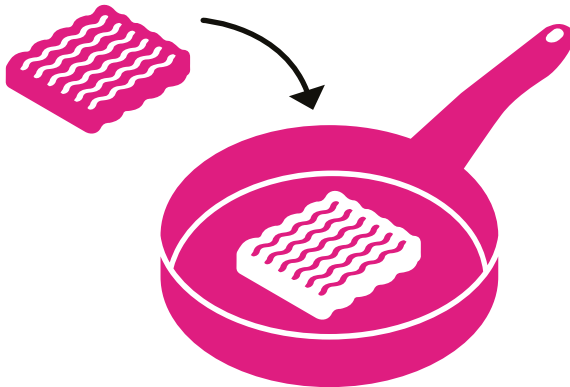


Method:

1. Heat the oil and add chopped onion and garlic, until softened.



2. Add the minced beef, cook until browned.



3. Stir in, tomato puree, chilli powder, mixed herbs and cook for 5 minutes.

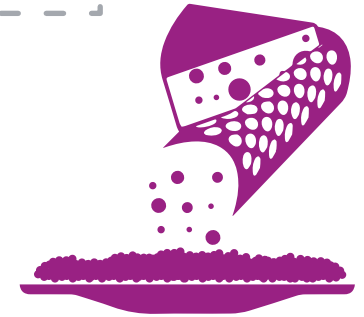
4. Add the chopped tomatoes and baked beans, bring to the boil then simmer for 30 minutes.



5. Meanwhile cook the rice.



6. Once served, top with grated cheese and chopped parsley.



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