

VIBE ACTIVITIES

Healthy Recipe – *Chilli con carne* page 23



THIS HEARTY RECIPE,
BURSTING WITH FLAVOUR,
WILL KEEP YOU WARM AND
KEEP UP YOUR ENERGY.

Serves 4 INGREDIENTS

- * 1 tablespoon olive oil
- * 500g beef mince
- * 2 large onions, chopped
- * 3 garlic cloves, finely chopped
- * 1 long red chilli, seeded and finely chopped
- * Handful of button mushrooms, chopped
- * 1 red capsicum, chopped
- * 1 litre (4 cups) beef stock
- * 2 tomatoes, chopped
- * 2 tablespoons tomato paste
- * 1 teaspoon ground coriander seeds
- * 1 teaspoon paprika
- * 1 tablespoon cumin
- * 1 teaspoon sugar
- * 2 pieces dark chocolate
- * Rice or corn chips, to serve
- * Sour cream

METHOD

1. Heat oil in a large saucepan over medium heat; add mince and brown. Add onions, garlic, chilli, mushrooms and capsicum; cook for a further 5 minutes.
2. Add beef stock and bring to the boil. Add tomatoes, tomato paste, coriander, paprika, cumin, sugar and chocolate and give it a good stir.
3. Boil for 10 minutes, stirring constantly. Turn down heat and simmer, stirring regularly, for 1-4 hours) or until the stock reduces and flavours have infused. If you have time, refrigerate the chilli overnight as the flavour's even better the next day.
4. Serve with rice or corn chips and add a dollop of sour cream.



Chilli Con Carne

Beat the chill with this winter warmer

As the weather is turning cooler in winter, this is a healthy, warming recipe to try at home.

Did you know?

Chilli con carne is Spanish for "Chilli with meat".



ACTIVITY 1

SOME INGREDIENTS FOR CHILLI CON CARNE

1 Add the missing vowels. Cut out these labels and glue them next to their pictures.



R _ d k _ d n _ y
b _ _ n s

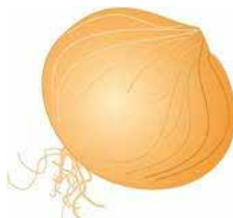
R _ d
c _ p s _ c _ m

B _ t t _ n
m _ s h r _ _ m s

_ n _ _ n

B _ _ f
m _ n c _

R _ d
c h _ l l _ _ s



ACTIVITY 2

WORD PAIRS

1 Draw a line to match these pairs of words.

Write your answer in the box.

2 Which word is left over?

3 Place the ingredients words in ABC order.

Write your answer on the lines.

ACTIVITY 3

RECIPE STEPS

1 Place these steps in the correct order from 1 – 4.

- ☐ Serve with rice or corn chips.
- ☐ Heat oil in a large pan.
- ☐ Simmer in a large pot for 1 – 2 hours.
- ☐ Brown onions, garlic and beef mince in a pan.

ACTIVITY 4

COMMON NOUNS

1 Circle the common nouns in these sentences. Underline the proper nouns.

Remember

- A **common** noun can be a person, place or thing.
- A **proper noun** is the name of a special person, place or thing, so it starts with a capital letter.

1. Try this delicious Spanish recipe.
2. Heat oil in a large saucepan.
3. Add the onions, garlic, mince and chilli.
4. Stir the mixture in the pot.
5. Serve with rice or corn chips.
6. Your brother Garry will love this food!

ACTIVITY 5

SINGULAR OR PLURAL NOUNS?

1 Nouns can be **singular** (one) or **plural** (more than one).
Many singular nouns add the letter **S** to make the plural.
Some singular nouns add the letters **ES** to make the plural.

Add the letter **S** or **ES** to write the plural form of the nouns below.

onion		bowl	
bean		pot	
spoon		plate	
tomato		potato	
chilli		chip	