

Together We Cook

April shopping list

To make:

- Chilli Con Carne
- Easter Chocolate Brownies

	✓
1 tablespoon (15ml) tomato puree	
1 pepper	
1 clove garlic	
1 onion	
1 tablespoon (15ml) olive oil	
1 x 400g red kidney beans	
250g minced beef	
1 beef stock cube	
1 teaspoon (5ml) chilli powder	
100g brown rice	
100g butter (dairy)	
40g cocoa powder	
50g dark chocolate (soya or dairy , check ingredients)	
2 medium eggs (egg)	

