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| Foods 8 Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  WVSS Block: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

**CHILI CON CARNE (SERVES 4)**

INGREDIENTS:

200 g extra-lean ground beef

½ small onion, chopped

½ stalk celery, chopped

2 cloves garlic, minced

15 ml chili powder

7 ml dried oregano

2 ml salt

3 ml pepper

398 ml diced tomatoes

½ carrot, chopped small thin pieces

125 ml frozen corn kernels

398 ml kidney beans,

METHOD:

1. In a small saucepan, brown ground beef over medium-high heat, breaking up any clumps
2. Add chopped onion, celery, minced garlic, chili powder, dried oregano, salt and pepper; cook for 2 minutes.
3. Add diced tomatoes (including liquid) and kidney beans (drained and rinsed); add chopped carrot and frozen corn; stir to mix and bring to a boil.
4. Reduce heat and simmer (gently bubbling) for 30 minutes; stir evey few minutes.
5. Serve and garnish with grated cheddar cheese.

CHEESE DROP BUSCUIT

**INGREDIENTS:**

**125ml all-purpose flour**

**125ml whole wheat flour**

**10ml baking powder**

**1ml salt**

**50ml margarine (hydrogenated)**

**50ml grated cheese**

**150ml milk**

**METHOD: Oven at 425 F**

1. **In a large bowl, sift together flour, baking powder and salt.**
2. **Cut the margarine into the flour mixture with a pastry blender until the mixture resembles coarse meal.**
3. **Stir in grated cheese with a fork.**
4. **Add the milk gradually and blend using a fork until it forms a drop batter**
5. **Drop spoonful onto a ungreased baking sheet (approx.. 6 biscuits)**
6. **Bake for 10 – 12 minutes.**