**Chilli with Cornbread Muffins**

**Serves 4-5**

**Meat Chilli**

150 g lean ground beef

10 ml oil

400ml tomato sauce

200ml diced tomatoes

5ml chilli powder

10ml cumin

½ jalapeno pepper

1ml cayenne pepper

5ml salt

80-125 ml kidney bean

¼ onion, small diced

¼ green pepper, small diced

½ carrot, small diced

**Method**

1. Place oil in a pot over medium heat. Sauté onion for 1 minute. Cook ground beef until no longer pink
2. Add vegetable and sauté for 4 minutes.
3. Add all other ingredients.
4. Simmer for at least 15 min
5. Serve hot with cornbread muffins

**Vegetarian Chilli**

5 ml oil

½ onion

400ml tomato sauce

200 diced tomatoes

5ml chilli powder

1ml curry powder

10ml cumin

½ jalapeno pepper

1ml cayenne pepper

5ml salt

80-125 ml kidney bean

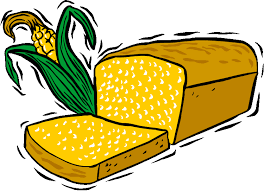
Assorted Vegetables

**Method**

1. In a medium pot, add oil and sauté onions. Once cooked, but not brown sauté vegetables for 4 minute.
2. Add all other ingredients.
3. Simmer for at least 15 min
4. Serve hot with cornbread muffins

**Cornbread**

125ml cornmeal

125 ml all-purpose flour

25 ml sugar

7ml baking powder

125 ml buttermilk

1 egg

30 ml margarine, melted

Pinch of salt

**Method**

1. Preheat oven to 375 F
2. Grease 6 muffin tins
3. In a large bowl, sift dry ingredients
4. In a medium bowl, whisk buttermilk, egg and melted margarine
5. Add buttermilk mixture into dry ingredients. Stir until just combined (do not over mix)
6. Divide batter evenly into the muffin tins
7. Bake for 15 min- they will be slightly pale