**Sausage chilli cha cha cha**

Ingredients

 **Complexity**: low-medium

1 onion

1 fresh red chilli- get from school

1 orange or yellow pepper

1x 15ml spoon oil-get from school

1x 5ml spoon ground cumin

450g pork chipolata sausages

400g can chopped tomatoes

400g can red kidney beans (could leave out if you don’t like)

Equipment

Vegetable knife, chopping board, large saucepan, sieve or colander.

Method

1. Prepare the vegetables:
	* peel and finely dice the onion;
	* cut the fresh chilli in half lengthways, deseed and finely chop. Do not touch face or eyes and thoroughly wash and dry hands after touching raw chilli;
	* cut pepper in half, deseed and chop.
2. Heat the oil in a large saucepan. Add the onion, chilli and ground cumin and cook for 2-3 minutes.
3. Add the pepper and sausages and brown lightly on all sides.
4. Drain and rinse the kidney beans and add to the pan with the chopped tomatoes.
5. Bring to the boil, turn down to simmer and cover with a lid.
6. Gently simmer for 30 minutes.

**Top tips**

* There is no need to prick the sausages before cooking.
* Adjust the heat of the dish by increasing or decreasing the amount of chilli used.
* Swap the canned kidney beans for another canned bean variety of your choice, e.g. haricot, borlotti, black eyed.
* Serve with rice and a green salad.

**Food skills**

* Weigh
* Measure.
* Peel.
* Cut and chop.
* Fry.
* Drain.
* Boil and simmer.