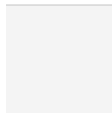


Recipe Ingredients ...	Quantity:	Description:
Beef, mince, raw	500g	5x Small
Beans, red kidney, dried, boiled in unsalted water	400g	2.7x cup
Stock, beef, homemade	300g	1.2x cup
Onions, red, raw	200g	1.7x small onion
Beans, haricot, whole, dried, boiled in unsalted water	200g	10x tablespoon
Carrots, old, raw	120g	1x large carrot
Peppers, capsicum, red, raw	100g	5x Average Portion
Celery, raw	100g	3.3x 1/2 stick
Tomato puree	51g	1x tablespoon
Liver, lamb, raw	30g	0.4x portion
Cumin seeds, whole or ground	8g	4x teaspoon
Coriander seeds, whole or ground	8g	4x teaspoon
Balsamic Vinegar	7.6g	2x teaspoon
Garlic, raw	6g	2x Average Portion
Cinnamon, ground	5.8g	2.5x teaspoon
Paprika	3.8g	1.7x teaspoon
Star Anise	1g	
Bay leaf, dried	1g	1.4x average
Pepper, black	0.1g	1x average sprinkle



1 Serving

2.04kg 2129