



### **BANNOCK**

8 cups of flour  
5 teaspoon of salt  
8 teaspoon of baking powder  
5 cups of water  
2 eggs

Beat Eggs and add to water.  
Mix flour and salt in a large bowl.  
Make a well in the center, pour water in and stir to mix.  
Make between 20 to 25 dough balls, the size of a tennis ball.  
Flatten or roll with a rolling pin. Cut into circles.  
Cook in  $\frac{1}{2}$  - 1 inch of oil until it turns golden brown.

### **Topping**

1 Kg of ground beef  
1 green or yellow pepper  
1 onion  
3 stalks of celery  
1 Teaspoon garlic powder  
1 teaspoon celery salt  
1 teaspoon oregano  
4 teaspoon chili powder  
1 can kidney beans  
2 cans crushed tomatoes

Bring a pan over medium high heat and add your meat with garlic powder, celery salt, oregano, half the chili powder, kidney beans

Cover the pan and cook for 5 minutes until meat is halfway cooked.

Add and cook celery until it has turned a lighter color, then add the onion and peppers. Continue to cook until meat is done.

Put meat mix into tin foil pan (double your pans to be safe) and add remaining chili powder and kidney beans and crushed tomatoes

Bake at 350 for a half hour