

Beef Dish with Beans - Ingredients

	NAME	AMOUNT	UNIT	TOTAL WEIGHT
<input type="checkbox"/>	Ground Beef <i>(1 g)</i>	100	Gram	1 g
<input type="checkbox"/>	Red Beans (Canned) <i>(255 g)</i>	0.25	Piece	255 g
<input type="checkbox"/>	Canned Corn <i>(400 g)</i>	0.25	Piece	400 g
<input type="checkbox"/>	Canned Tomatoes <i>(400 g)</i>	0.25	Piece	400 g
<input type="checkbox"/>	Light Rye Bread <i>(35 g)</i>	1	Slice of bread	35 g
<input type="checkbox"/>	Cold-Pressed Rapeseed Oil <i>(1 ml)</i>	10	Gram	1 ml
<input type="checkbox"/>	Garlic <i>(5 g)</i>	1	Tooth	5 g
<input type="checkbox"/>	Ground Chili Pepper <i>(1 g)</i>	1	Gram	1 g