



Expenditure

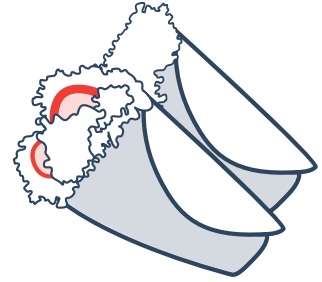
Section 3:

Activity 4

Calculating the Unit Cost

Listed below are the ingredients to make a spicy beef burrito (adapted from www.bordbia.ie)

Follow the steps below and work out the unit cost of the ingredients



Ingredients (serves) 4:

- 400g lean beef mince
- 2 tablespoons (30ml) rapeseed oil
- 1 onion
- 3 garlic cloves
- 1 red chilli, chopped
- 1 teaspoon (5g) chilli powder
- 2 teaspoon (10g) ground cumin
- 400g tin chopped tomatoes
- 120ml stock (1 beef stock cube)
- 400g tin cooked kidney beans
- 120g mature cheddar cheese
- 1 teaspoon (5g) hot paprika

What do you need to do?



Source the ingredients (in a shop/ online etc.)

Notes / Example

For example:
Knorr Beef Stock Cubes
(www.tesco.ie)



Find out the total cost of the ingredient
(in-shop prices displayed/check the receipt/
online)

€1.99



Look at the label/packaging and find out
what quantity it is sold in (kg/ g/l/ ml etc.)

8



How much of the ingredient do you need?

1



Work out the cost of using the ingredients to
prepare the meal

8 = €1.99
1 = €1.99 / 8
1 = €0.248
1 = €0.25





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Cost Calculations

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2 tablespoons (30ml) rapeseed oil	1 teaspoon (5g) chilli powder	120ml stock (1 beef stock cube)
1 onion	2 teaspoon (10g) ground cumin	400g tin cooked kidney beans 
3 garlic cloves 	1 teaspoon (5g) hot paprika	120g mature cheddar cheese

Ingredient	Unit cost
• 400g lean beef mince	
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• 400g tin cooked kidney beans	
• 120g mature cheddar cheese	
• 1 teaspoon (5g) hot paprika	
Total cost (serves 4)	

Calculating the cost per portion

Total cost for 4 people	
Total cost per person (1 portion)	

Compare cost with a commercial spicy beef burrito:

Conclusion:

