

Difficulty:

Easy



Time:

60 minutes



Chilli beef nachos



Allergens: milk, gluten, celery

What is it?

A delicious 'tex mex' dish that you can make unique to your own taste! Make it as mild or as spicy as you like, its full of delicious flavour thanks to the blend of spices.

AVERAGE COST
PER PERSON

£1.87

What you need:

	<u>For 2 people</u>	<u>3 people</u>	<u>4 people</u>
Paprika	1 tsp	1 tsp	2 tsp
Cumin	1 tsp	1 tsp	2 tsp
Chilli powder	1 tsp	1 tsp	2 tsp
Beef stock	1 tsp	1 tsp	2 tsp
Garlic clove	1	1	1
Cheese	100g	150g	200g
Kidney beans	100g	150g	200g
Tortilla chips	100g	150g	200g
Carrots	1/2	1	2
Onion	1/2	1/2	1
Beef mince	200g	300g	400g
Chopped tomatoes	100g	150g	200g
Red pepper	1/2	1	1

Kit list:

- Frying pan
- Oven dish

Make it your own!

You can add lots of different toppings to make this extra tasty. Look at the bottom of the recipe for our suggestions on how to make your own sour cream, salsa and guacamole!

Celebrate Family
Food

Charity no.
1125784



What to do:

Step 1: Prepare the veggies; dice the onion and carrot, finely chop the garlic, and dice the pepper.

Step 2: In a frying pan, gently fry the onion in a little bit of oil. Once they are softening, add the carrots and garlic. Then add the beef mince and stir until the beef is sealed (brown on the outside and no sign of pink).

Step 3: Add the pepper and continue to stir, cooking for around 15 minutes. Then add the spices; cumin, paprika and chilli powder (as much as you like - add a little for a mild flavour or all of it for a spicier dish). Crumble in the beef stock and stir the mix for another 5 minutes.

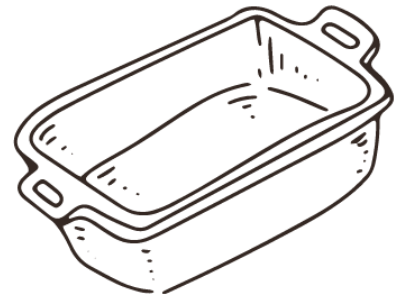
Step 4: Add the chopped tomatoes and cook for 10 minutes, then add the drained kidney beans. Stir and remove from the heat.

Step 5: Pour the chilli mixture into a large oven dish and level out with a spoon. Sprinkle the tortillas and grated cheese over the top to make an even layer. Bake in the oven for 5-10 minutes until the cheese has melted, or place the dish under the grill for a few minutes - being careful not to let the tortillas burn!

Step 6: Serve yourself a tasty scoop of chilli in a large bowl. Add your choice of toppings and dive in!

Our chef's serving suggestions to make your dish extra tasty:

- Sour cream (whisk together cream and lemon juice)
- Tomato salsa (chopped onion, coriander and diced or chopped tomatoes)
- Guacamole (mashed avocado, mayonnaise and lemon/lime juice)



What did you think of this recipe? Colour in the stars to give it a rating!

