

## Ingredients - Serves 20 portions

- 10 wholemeal tortillas
- Olive oil spray
- 2 garlic cloves, crushed
- 2 onions, finely chopped
- 2 green capsicums, diced
- 2 teaspoons smoked paprika
- 2 teaspoons ground cumin
- 3 x 400g cans crushed tomatoes
- 2 x 400g cans red kidney beans, rinsed and drained
- 1 cup grated light tasty cheese
- 2 ripe avocados, mashed
- Plain natural yoghurt to serve



## Method:

1. Preheat the oven to 180°C. Cut tortillas into wedges and lay flat on a large baking tray. Place the tray in the oven and cook until golden and crisp.
2. Heat a medium sized frypan. Spray with olive oil and add garlic, onions and capsicum. Cook for 5-8 minutes or until softened.
3. Add paprika, cumin, tinned tomatoes, and kidney beans. Simmer for 10 minutes.
4. Place bean mixture into a baking dish and arrange tortilla chips around the edge. Sprinkle with grated cheese and grill until cheese melts.
5. Top with mashed avocado and natural yoghurt.

Food Group	Serves provided per portion
Vegetables and legumes	0.95 serves
Grain (cereal) foods	0.7 serves
Lean meat and poultry, fish, eggs, tofu, nuts and seeds, legumes/beans	0.25 serves
Dairy and alternatives	0.15 serves