

# Beef and Bean Tacos

OSHC

Food Foundations



**Serves:** 20

**Prep Time:** 20 minutes

**Cook Time:** 30 minutes

## Ingredients

- 2 tbsp olive oil
- 1 brown onion, diced
- 1kg beef mince
- 2 garlic cloves, crushed
- 1 tbsp ground cumin
- 2 tbsp smoked paprika
- 600g kidney beans, drained and rinsed
- 2 carrots, grated
- 2 celery sticks, finely diced
- 1 capsicum, finely diced
- 400g tin corn kernels
- ¼ cup tomato paste
- 400g tin crushed tomatoes
- 20 x tortilla wraps
- 2 cups shredded tasty cheese
- 1 cup natural Greek yoghurt
- ½ iceberg lettuce, shredded
- 250g punnet cherry tomatoes, quartered

## Method

1. Heat olive oil in a pan and sauté onion until softened. Add beef mince and cook for 5 minutes or until browned.
2. Add garlic, ground cumin and smoked paprika and cook for another minute.
3. Add kidney beans, carrots, celery, capsicum, corn kernels, tomato paste and crushed tomatoes. Simmer for 20 minutes or until vegetables are softened.
4. Arrange tortillas and other fillings on a platter and in serving bowls. Allow children to self-serve.

### Recipe Notes:

This recipe is a great source of iron and packed full of vegetables. Other toppings or fillings could include diced cucumber, guacamole or chopped coriander. Use a food processor for shredding vegetables in the beef and bean mixture, if available.

Food Group	Serves provided per portion
Vegetables	1.3
Fruit	0
Grain foods	1
Lean meat and alternatives	0.8
Milk, yoghurt and cheese	0.4