

Beef and bean tacos

Food Foundations • another NAQ Nutrition program

Ingredients

Serves: 20

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

Note:

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

Food Group	Serves provided per portion
Vegetables	1.33
Lean meats and legumes	0.75
Grain foods	1
Milk, yoghurt and cheese	0.35