



Healthy Nachos

SERVINGS: 8

PREPPING TIME: 8 MIN

COOKING TIME: 15 MINS

INGREDIENTS

- 1 Tablespoon olive oil
- 500g premium beef mince
- 1 425g can red kidney beans, washed and drained
- 30g Packet of Taco Seasoning Mix
- ¼ cup of water
- 1 small red pepper, finely chopped
- 1 small green pepper, finely chopped
- 1 small yellow pepper, finely chopped
- 1 small orange pepper, finely chopped
- 1 small onion, diced
- 1 clove garlic, crushed
- 1 cup of cheddar cheese, grated
- 230g bag of Mission White Corn Original Tortilla Strips.

Topping

- 1 large tomato, diced
- 1 avocado, diced
- 1 small red onion, diced
- 4-5 small green onions, thinly sliced
- Optional: Sour Cream

INSTRUCTIONS

Step 1.

Heat the oil in a large fry pan. Brown the mince for 4-5 minutes, or until cooked. Add the onion and garlic and cook through for another 1 minute.

Step 2.

Add the kidney beans, peppers, and taco mix, along with the water and stir through to cook for 4-5 minutes.

Step 3.

Heat the oven to 180C. Layer the tortilla chips on one or several plates on an oven tray. Spread the cheese evenly on top. Cook in the oven for 5-8 minutes or until the cheese is melted.

Step 4.

Remove the tortilla cheesy chips from the oven and load up the nacho mix on top, along with the toppings and optional sour cream.

This has fast become a favourite 'Friday Night' meal we love to enjoy. Often I cook in bulk, then freeze single portions of the meat mix in zip lock bags, so I can pull out a serving to have ready in a snap!

Katie Joy