



COMMUNITY
SPORTS
FOUNDATION

Active Canaries

HEALTH MONTH

WORKING WITH LOCAL SCHOOLS

Week 3 – Onel Hernandez

Beef and Bean Chilli Taco

Ingredients

- 500g Minced Beef
- 5ml Vegetable Oil
- 1 x Carrot – finely diced
- 1 x Onion – finely diced
- 1 x Tin of Chopped Tomatoes
- 1 tbsp Tomato Puree
- 1 x Garlic Clove – crushed
- 1 tsp Chilli Powder
- 350g Tinned Mixed Bean Salad – drained
- 8 x Taco Shells

Method

- 1 In a pan, heat the oil and brown the minced beef with the diced onions and carrots.
- 2 Add the chilli powder and cook for a further 2 minutes.
- 3 Stir in the tinned tomatoes, tomato puree and crushed garlic.
- 4 Simmer gently for 20 minutes.
- 5 Stir in the mixed beans and cook for a further 15 minutes.
- 6 Serve with taco shells, shredded lettuce and grated cheese with a side of potato wedges!

SERVES

4



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