

NACHOS



1 hr

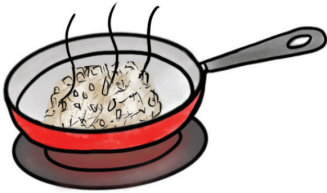


serves
4-6

- 1 tbsp canola oil
- 1 onion, chopped
- 500 g lean beef mince
- 2 cloves garlic, crushed
- 400 g can chopped tomatoes
- 2 tbsp tomato paste
- ½ cup water
- salt and pepper
- 440 g can chilli beans
- 200 g corn chips
- 1½ cups grated tasty cheddar cheese
- sour cream and Guacamole (see page 46), to serve

Savoury

1.



Heat oil in a frypan. Cook onion for 5 minutes until soft.

2.



Add mince and garlic. Stir often until mince is browned.

3.



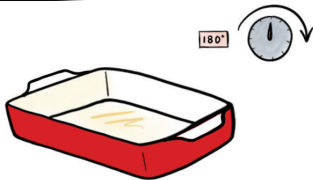
Add tomatoes, tomato paste and water. Simmer for 30-35 minutes until thick.

4.



Season with salt and pepper. Add beans. Stir for 1-2 minutes.

5.



Preheat oven to 180°C. Put a large ovenproof dish in the oven for 5 minutes.

6.



Scatter corn chips over base of the warmed dish.

7.



Turn oven to grill. Spoon mince mixture over chips. Sprinkle with cheese.

8.



Grill for 3-4 minutes until cheese melts and bubbles. Serve with sour cream and Guacamole.