



Beef Tacos

Recipe Information

Serves: 6

Time to make: 30 minutes

Method

1. Wash and chop or grate vegetables. Finely chop or crush garlic. Halve cherry tomatoes.
2. Open canned kidney beans and corn. Rinse beans and drain both cans well.
3. Heat a small amount of oil in a frying pan on medium-high heat. Add onion and carrot. Cook for 2-3 minutes until onion is soft.
4. Add garlic and stir for 1-2 minutes.
5. Add mince and cumin, stirring for 5 minutes, until mince is browned.
6. Add passata sauce, kidney beans and corn and bring to the boil.
7. Reduce heat to low and simmer, stirring frequently for 5-10 minutes, until mixture is thick.
8. Place mince mixture on wraps with tomatoes, lettuce, cheese and natural yoghurt.



Favourite family feeds

Ingredients

- 1 onion
- 2 carrots
- 1 teaspoon/clove garlic
- 500g beef mince
- 2 teaspoons ground cumin
- 1 cup passata cooking sauce
- 400g canned red kidney beans
- 400g canned corn kernels
- Wholegrain wraps
- Lettuce
- 1 punnet cherry tomatoes
- 1-2 cups low fat grated cheese
- 250g natural yoghurt
- 1-2 teaspoons oil

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Tips and Options

- Use less extra toppings to reduce the cost.

...Which Way...
The good tucker way

For more information contact
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