

CHILLI TACOS

SERVES: 2 - 3

PREPARATION TIME: 20 - 30 minuets

COOKING TIME: 30 - 60 minuets

UTENSILS: frying pan and mixing spoon

INGREDIENTS:

- 1 Tbsp. olive oil
- ¼ of an onion finely diced
- ½ tsp. of crushed garlic
- 1 celery stalk small dice
- 1 dried chilli
- 1 tbsp. of tomato paste
- ½ tsp. of cocoa
- ¼ tsp. of vegetta plus 75mls of hot water
- 1 cup of cooked mixed beans

TO SERVE:

- 2 - 3 warm taco shells
- 80 grams of cheese (grated)
- Tbsp. of yoghurt



METHOD

1. Heat the oil in a frying pan over medium heat. Fry the onion, garlic and celery until soft.
2. Add the chilli and cook for 1 minuet. Add the tomato paste and cook further for another 2 minuets. Add the cocoa and stock and bring to the boil.
3. Reduce heat and simmer for 15 minutes, add the beans and simmer for a further 10-12 minutes or until the sauce has reduced and the beans are heated all the way through.
4. Warm the Taco shells and place 2-3 tablespoons of the mix. Top with grated cheese and yoghurt.