# LET'S EAT!

# CHILLI BEEF NACHOS

60 minutes

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Allergens: dairy, gluten, celery

## What is it?

A delicious `tex mex' dish that you can make unique to your own taste! Make it as mild or spicy as you like, it's full of delicious flavour thanks to the blend of spices.

### MAKE IT FUN!

You can add lots of different toppings to make this extra tasty, like sour cream, guacamole and salsa! See the bottom of the recipe for how to make your own!

## What you'll need:

| | For 2 people | 3 people | 4 people |
|---|---|---|---|
| Paprika | 1 tsp | 1 tsp | 2 tsp |
| Cumin | 1 tsp | 1 tsp | 2 tsp |
| Chilli powder | 1 tsp | 1 tsp | 2 tsp |
| Beef stock | 1 cube | 1 cube | 2 cube |
| Garlic clove | 1 | 1 | 1 |
| Cheese | 100g | 150g | 200g |
| Kidney beans | 100g | 150g | 200g |
| Tortilla chips | 100g | 150g | 200g |
| Carrots | 1/2 | 1 | 2 |
| Onion | 1/2 | 1/2 | 1 |
| Beef mince | 200g | 300g | 400g |
| Chopped tomaoes | 100g | 150g | 200g |
| Red pepper | 1/2 | 1 | 1 |

## SEND US YOUR PHOTOS!

SCAN HERE

We love seeing families cook these recipes and making them their own! Photos also really inspire supporters of Let's Eat to keep the project going and helping more families. Please share photos of your family enjoying cooking together via our community Dropbox, then look out for your photos on our social media accounts!

THE NEIGHBOUR NETWORK CIC
Company no: 16566579

# WHAT TO DO:



## Step 1:

Prepare the veggies; dice the onion, carrot, finely chop the garlic and dice the pepper. In a frying pan, gently fry the onion in a little bit of oil. Once they are softening, add the carrots and garlic. Then add the beef mince and stir until the meat is sealed (brown on the outside).

## Step 2:

Add the pepper and continue to stir, cooking for around 15 minutes. Then add the spices; cumin.paprika and chilli powder. Crumble the beef stock and mix together, cook for 5 mins, add the chopped tomatoes and simmer for 10 minutes





## Step 3:

Drain and add the kidney beans. Stir and after 5 minutes remove from the heat and transfer to an oven dish. Spread the tortillas and cheese over the top in an even layer, then bake in the oven for 5-10 minutes at 200 degrees (gas 6) until the cheese has melted. Serve with your favourite toppings (ideas below).

**Serving suggestions:**

Sour cream: whisk together cream and lemon juice.
Tomato salsa: chopped onion, coriander and diced tomatoes.
Guacamole: mashed avocado with lemon juice.



**DID YOU LIKE THIS MEAL? GIVE IT A RATING OUT OF 5 STARS TO HELP YOU REMEMBER YOUR FAVOURITES:**

NOT FOR ME 1 2 3 4 5 LET'S MAKE IT AGAIN!