

Mexican Beef Mince & Beans with Salad

Serves 6



Beef Mince & Beans

Ingredients

- 500g beef mince
- 3 Tbsp oil
- 1 large onion diced
- 3 cloves garlic- crushed, peeled & diced
- 1 tin kidney beans - drained & rinsed
- 2 Tbsp tomato paste
- 1 tin (or 5 fresh) tomatoes diced
- ½ capsicum diced
- 2 cups corn - frozen
- 2 tsp cumin
- 2 tsp paprika
- ½ tsp pepper
- ¼ tsp chilli powder or flakes (optional)
- ¼ tsp salt (optional)

Method

1. Heat oil in a saucepan
2. Add the diced onions then the garlic into the pan on a medium heat and stir until transparent (about 4 minutes)
3. Add beef mince then stir and break up while sealing the mince
4. Add the cumin, paprika, pepper, and if you would like some heat, the chilli
5. Add kidney beans, tomatoes, diced capsicum and corn
6. Simmer for 15 minutes on low heat with some regular stirring while preparing the salad and dressing.

Other Ingredients

- 2 small or 1 large tortilla wrap for each serve
- 2 Tbsp Lite sour cream for each serve

Salad & Serving instructions below

Salad & Dressing

Ingredients

Method

Salad:

- 1 red onion diced
 - 2 cups lettuce sliced
 - 2 tomatoes diced
 - 1 carrot grated
 - ½ capsicum sliced thinly
 - ½ cup cheese - Edam
grated
1. Place all salad ingredients in a good size bowl for tossing
 2. Place all dressing ingredients in jar and shake well.

Dressing:

- 3 Tbsp lemon juice or
vinegar
- 3 Tbsp mustard
- 1 ½ Tbsp honey
- 9 Tbsp good oil

Serving

- Just before serving bring the salad ingredients with the dressing together then toss until just mixed.
- Place beef mince mix on each tortilla wrap with salad mix and a tablespoon of sour cream and then serve.