



Vegetarian nachos

Recipe by School Food Matters



Serves 4-6



30 minutes

INGREDIENTS

Nacho bean mix:

- 2 tsp canola oil
- 1 onion, diced
- 1 clove garlic, crushed
- 2x 400g cans red kidney beans, undrained
- 1 large carrot, grated
- 1 stick celery, finely diced
- 1 Tbsp taco seasoning mix (see homemade spice mix recipe below)
- 2 Tbsp salt reduced tomato paste
- 200ml tomato passata
- 1 tsp salt-reduced beef-style stock powder

Salsa:

- 1 tomato, diced
- ¼ red onion, diced
- 200g canned corn kernels, drained
- Fresh or dried herbs, finely chopped
- 1 tsp lime juice

To serve:

- 150g corn chips plain, unsalted
- 70g cheese, grated
- 70g plain Greek yoghurt

Home made taco seasoning:

- 4 tablespoons chili powder
- 2 tablespoons cumin
- 1 tablespoon paprika
- 1 tablespoon salt
- 1 teaspoon garlic powder
- 1 teaspoon dried onion
- 1 teaspoon oregano
- 1 teaspoon black pepper

Combine all ingredients and store in an airtight container.

DIRECTIONS

To make the nacho bean mix:

1. Put a large saucepan or stock pot over medium heat, and add enough oil to lightly coat the bottom of the pan.
2. Add the onion and garlic and cook until the onion starts to look transparent.
3. Add the carrot and celery. Cook until they are soft and most of the liquid in the pan has evaporated.
4. Add the taco seasoning mix, tomato paste, passata, beef stock and undrained red kidney bean. Stir well.
5. Bring to the boil, then reduce heat to low and simmer until sauce has reduced, stirring regularly to stop it from sticking to the bottom of the pot. If the dish is too thick, add a little more water.

To make the salsa:

6. Combine all salsa ingredients in a bowl and gently stir to combine.

To assemble:

7. Place corn chips on a tray, top with cheese, and melt in oven for 5 minutes.
8. Top chips with bean mix, salsa and yogurt. Garnish with coriander if you wish.



Afternoons

with Joel Rheinberger

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