

Yummy Bean Nachos

Serves: 4

1T Oil
1 Onion
1 clove of Garlic
¾ C Diced Tomatoes
2 T Tomato paste
1 Can of Red kidney beans (Slightly Mashed)
1 T Nacho spice mix

Nacho Chips

3 Tortilla Wraps
1 T Oil
1 tsp Nacho spice mix



To serve:
Grated Cheese
Sour Cream

Method:

1. Pre-heat oven to 200 degrees.
2. Brush each side of a wrap with oil and cut the tortillas into 8 wedges or shapes as desired.
3. Place tortilla pieces on a single layer on a baking sheet and sprinkle with spice mix.
4. Bake 6 minutes or until lightly browned.

Sauce / Beans:

5. Meanwhile heat a saucepan, add oil and onion until they start to become clear, add garlic tomato paste, and tomatoes and fry for a couple of minutes.
6. Add the tin of beans and heat through then add the spice mix, and stir.
7. In a dish, layer tortilla chips and pour over bean mixture. Sprinkle the cheese over the bean mixture. Grill for 5 minutes until cheese has melted.
8. Serve with sour cream.