



CHILLI WRAPS

SERVES 4

INGREDIENTS

450grms (1lb) minced beef
1 onion - finely chopped
1 garlic clove - crushed
1 small red pepper - finely chopped
10ml (2tsps) cumin powder
5ml (1tsp) chilli powder
small can baked beans
small can chilli beans
400grms can tomatoes
30ml (2tbsps) tomato puree
1 beef stock cube
salt and pepper
8 tortillas
50grms (2ozs) cheddar cheese - grated

METHOD

1. Fry mince in a large pan until browned.
2. Add onion, garlic and red pepper - fry for a further 5 minutes.
3. Add spices stirring well; continue to fry for 1-2 minutes.
4. Stir in baked beans, chilli beans, tomatoes, tomato puree, crumbled stock cube and seasoning.
5. Bring to boil, cook on a low heat for ½ hour with lid on.
6. Place 2 heaped tablespoons of chilli on centre of each tortilla.
7. Fold in half, roll up and place in an ovenproof dish.
8. Sprinkle cheese on top, place under grill until cheese has melted.
OR
9. Serve chilli with boiled cooked rice.

Mince is a rich source of protein which is needed for growth and repair. Kidney beans and baked beans are both good sources of protein.

FOR VEGETARIANS: Substitute the minced beef with 450grms sweet potatoes, peeled and diced. Sweet potatoes are rich in fibre and a good source of B vitamins and vitamin C which offers protection for the immune system.

