



HEALTHY BEEF AND VEGGIE NACHOS

This healthy twist to a typical beef nachos packs in over 7 different veggies.

 20 minutes

 30 minutes

 40 portions

INGREDIENTS

- 500 grams of beef, mince, raw
- 1 small unit of onions, raw [60 g]
- 200 grams of carrot, raw
- 100 grams of celery, raw
- 100 grams of pepper, sweet, green, raw
- 1 cup of cauliflower, green, raw [64 g]
- 200 grams of broccoli, raw
- 400 grams of tomatoes, red, ripe, canned, packed in tomato juice **or** 1 tablespoon of oil, olive, salad or cooking [14 g]
- 400 grams of beans, red kidney, canned in water, re-heated, drained

COOKING METHOD

- 1° Heat up the oil in a large wok/ fry pan.
- 2° Use a chopper to finely chop the veggies. Add to the hot oil, the finely chopped onion, then add the mince. Brown the mince and onion.
- 3° Finely chop all of the following veggies and add one by one into the mince mixture. Add the carrot, celery, green pepper, cauliflower and broccoli.
- 4° Add the tinned tomatoes (you can chop up fresh tomatoes if you prefer) and canned kidney beans (use dried, soaked and cooked beans if you prefer).
- 5° Add chili powder, black pepper and salt to taste.
- 6° Simmer the dish for 10 minutes. Serve with rice, nacho chips, tortillas or taco shells. Add grated cheese, guacamole or sour cream (if you like).

NUTRITIONAL INFORMATION

	PER 100 g	PER 5 PORTIONS (228 g)	% DRI
ENERGY	98 kcal	224 kcal	11 %
FAT	5 g	12 g	18 %
FATTY ACIDS, TOTAL SATURATED	2 g	5 g	23 %
CHOLESTEROL	16 mg	37 mg	12 %
SODIUM	50 mg	114 mg	5 %
CARBOHYDRATE	6 g	14 g	5 %
SUGARS	2 g	4 g	—
FIBER	1 g	2 g	9 %
PROTEIN	8 g	17 g	—