



## Food Explorers Chilli Beef Tacos

### Ingredients

500g Minced beef (or meat-free alternative)  
1 onion – diced  
1 tsp chilli powder  
1 tsp paprika  
1 tsp cumin  
1 tsp oregano  
400g tin red kidney beans – drained and rinsed  
400g tin chopped tomatoes  
1 tbsp gravy granules  
Pinch of sugar  
4 Tortilla wraps  
50g grated cheese

### Method

1. Dry fry the mince and onions, drain residual fat.
2. Add the spices and cook for a further minute.
3. Add the chopped tomatoes, gravy granules and the kidney beans. Season to taste and add a pinch of sugar if required.
4. Cook for approx. 40 mins until beef is tender.
5. Cut the wraps in half, make each half into a cone shape, fold the bottom up and open the top of the cone out so it makes a pocket shape and put into a lightly oiled muffin tin. Bake for approx. 3 mins.
6. Fill taco shells with chilli and sprinkle with cheese.
7. Bake in oven for 3 mins until cheese is melted.

