



GF Friendly

Nachos

a spicy starter or anytime snack

- 2 pkt corn chips
- 250g low fat beef mince
- 1 can tomatoes
- 1 large onion
- 50g tomato paste
- ¾ tsp powdered garlic
- 1 tsp chilli powder
- 1 tsp chopped fresh basil
- 125g grated cheddar cheese
- water



Salt to taste (remember: the chips may already be salty enough)

Cook meat in a frypan until browned. Drain any fat. Add finely chopped onion and crushed tomatoes, herbs and spices, tomato paste and sufficient water to make a thick soup. Bring to the boil, then reduce heat and simmer uncovered until meat is tender and liquid has been reduced to a minimum - approx 20 minutes.

Spread half the chips on oven-proof plates, sprinkle with ¼ of the cheese and warm in oven on 150°C for 3-5 minutes (take care they don't burn!). Remove plates from oven and pile on the rest of the chips. Divide sauce evenly and scatter over chips. Top each serving with grated cheese and return to oven 180°C to melt cheese. Depending on space in oven, this may have to be done in shifts. For the kids – heat Nachos on foil or baking paper, then slide onto COLD serving plates.

Serve with light sour cream and guacamole.

Serves 4-6

Sauce freezes well

Guacamole

- | | |
|-----------------------------------|--------------------|
| 1 large avocado, peeled and diced | ½ tsp salt |
| ½ small onion, chopped | 1 Tbsp lemon juice |
| ¼ tsp chilli powder | ¼ cup mayonnaise |

Process or blend all ingredients until smooth – approx 1 minute.

Great as a dip

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