

BEEF AND BEAN TACO BOWLS (SERVES 4)

INGREDIENTS

3 teaspoons canola oil

2 x 125g cans corn kernels
(drained and rinsed)

200g rice (brown if
available)

500g beef mince

1 onion (diced)

2 teaspoons cumin

400g can bean mix
(drained and rinsed)

1 teaspoon paprika

2 teaspoons of mixed herbs or
oregano

1 teaspoon chilli powder

2 cups (500ml) warm water or
stock

UTENSILS

Frying pan

Measuring cup

Large saucepan

Chopping board

Knife

Teaspoon

Wooden spoon



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OPTIONS

To add extra serves of vegetables to your meal you could

- finely chop/grate and add carrot, capsicum or zucchini to the taco mixture;
- add any fresh vegetables you have available to your taco bowl to serve (e.g. spinach, shredded lettuce, tomato, avocado etc.)

You can also add a small amount of reduced fat Greek yoghurt to serve if available.

METHOD

1. Heat 1 teaspoon of oil in frying pan. Once heated add the corn, stirring until kernels are slightly browned (this should take around 2 to 4 minutes). Remove from the heat and set aside.
2. Cook the rice as per packet instructions (see Cooking Rice Instruction Card if needed) and keep warm.
3. In a large saucepan heat 1 teaspoon of oil on a high heat and add the beef mince. Stir regularly to break up the mince, cook for approximately 6 to 10 minutes or until browned. Once finished, remove the mince from the pan place into a bowl.
4. Heat remaining oil, add diced onion and any additional vegetables to the pan and lower the heat to medium. Cook the vegetables, stirring often until the onion softens and begins to brown (this should take around 5 to 10 minutes).
5. Add the cumin to the saucepan and cook for 30 seconds, then add the remaining ingredients and stir. Return the cooked beef mince to the pan and stir well to combine.
6. Simmer for 15 minutes on a medium to low heat, stirring occasionally.
7. To serve, divide the warm rice, beef and bean mixture and any additional toppings

FOR MORE INFORMATION

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