

Serves 4 - 6



Base recipe: Add

500g mince 200g tin kidney beans

1 carrot

1 garlic clove

1 small onion



Add ingredients:

400g tin corn kernels 3 cups cooked rice 400g tin of diced tomatoes

1 tablespoon tomato paste

2 tablespoons cumin 2 teaspoons chilli powder



Equipment:

Grater, frypan, fork, bowl, spatula, teaspoon, tablespoon, chopping boards, knives

Recipe Tip:

Use the mixture for burritos, stuffed spuds or a Mexican layered salad.



Grate carrot, chop onion and crush garlic clove. Brown onion and garlic in lightly oiled frypan.



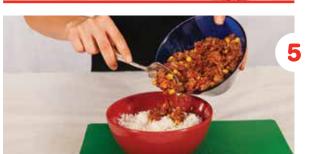
Mash kidney beans in a bowl.



Add mince to frypan with onion and garlic until mince is browned.



Add mashed kidney beans, grated carrot, tinned tomatoes, tomato paste, tinned corn, cumin and chilli powder. Stir and heat through.



Serve with cooked rice or flat bread and salad.

