



RESCUING FOOD • NOURISHING COMMUNITIES



## RECIPE CARD



Recipes developed in conjunction with  
the University of Otago Human Nutrition Department

# MEXICAN NACHOS

SERVES 4-5



## INGREDIENTS

- 1-3 cans kidney beans
- Corn chips
- **Any combination of vegetables:**
- Capsicum (sliced)
- Onion (sliced)
- Zucchini/ courgette (sliced)
- Carrot (sliced)
- Eggplant (chopped)

### **Tomato Sauce Ingredients:**

- 400g tomatoes (fresh or canned)
- 200ml water
- 1 diced onion
- 1 tsp sugar
- 1 tsp chili powder (add more if you like spice)
- ½ tsp crushed red pepper flakes.
- ½ tsp dried oregano.
- 2 tsp paprika.
- 1½ tsp ground cumin.

## METHOD

Read instructions carefully so that nachos and sauce are ready to eat at the same time.

1. Combine all tomato sauce ingredients in a pot. Simmer for 30 minutes, stirring often.
2. While tomato sauce is simmering, use knife and chopping board to prepare 4 cups of vegetables. Place in bowl. Set aside.
3. Drain and rinse kidney beans in colander.
4. Add kidney beans and prepared vegetables to sauce and simmer for 10 minutes.
5. Serve over corn chips while warm.