

Chilli Con Carne

Ingredients

- 2 tbsp vegetables oil
- 2 onions
- clove of garlic - optional
- 100g bacon - optional
- 250g minced beef
- 1 can kidney beans
- 200ml water
- tin chopped tomatoes
- 1/2 – 1 teaspoon chilli powder
- 1 tablespoon tomato puree

Fajitas

- Ingredients
- - 2-3 chicken breasts
- - 1 onion
- - 1 red pepper
- - 1 green pepper
- - Fajita spice – 15p from school
- - Tortilla wraps
- - Plastic container to carry home

Quesadillas

- Ingredients
- -Oil for frying
- -1 onion
- -50g button mushrooms
- -150g cheddar cheese
- -6 tortillas
- -1 beaten egg

Nachos

- -Oil for frying
- -100g mince(quorn mince is ok)
- -1 bag of tortilla chips
- -1 tbsp Mexican or Cajun spice mix/taco mix
- -100g cheddar cheese
- -1 tbsp sour cream
- -2 tbsp salsa (homemade is good)