

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

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)

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