

Chilli Nachos



Feeds: 4
Time to cook: Approximately 15 minutes

Take...

Lean minced beef, minced lamb or pork
Can chick peas or red kidney beans
Jar of chilli con carne sauce
Tortilla crisps
Low-fat Cheddar cheese

Make...

- 1 Place **450g (1lb) lean minced beef, minced lamb or pork** in a large non-stick wok or saucepan and dry fry for 4-6 minutes, until browned.
- 2 Add **410g (approx) can chick peas or red kidney beans**, drained and **500g (approx) jar chilli con carne sauce** and simmer for a further 6-8 minutes.
- 3 Place **150g (5oz) tortilla crisps** in a bowl, pour chilli mince over top and sprinkle with **30ml (2tbsp) low-fat Cheddar cheese**, grated.

Eat...

This snack would be ideal eaten in front of the TV on a Saturday night in!