

INGREDIENTS

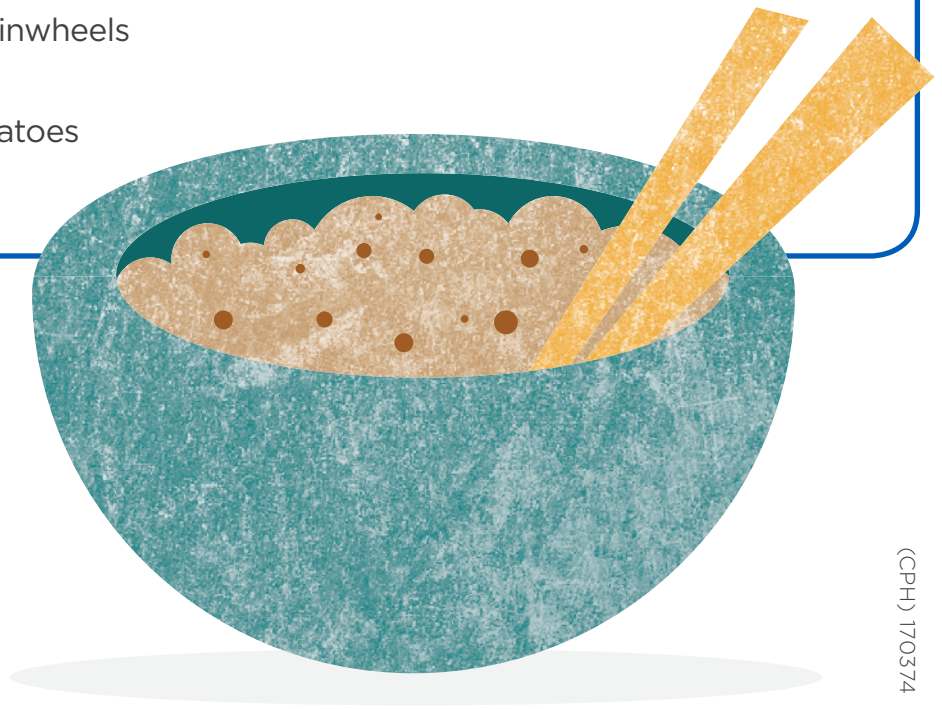
500g lean beef mince
1 brown onion, peeled and chopped
1-2 cloves garlic
1 tbsp oil for frying
2x 400g cans red kidney beans
700g jar tomato pasta sauce
2 tsp taco seasoning
½ cup parsley

METHOD

- Heat oil in a fry pan or saucepan.
- Sauté onion and garlic until light brown.
- Add meat and brown. Break up any clumps of meat.
- Drain juices from pan.
- Add sauce, drained kidney beans and seasonings and stir through.
- Simmer until cooked.
- Sprinkle with chopped parsley and serve.

SERVING SUGGESTIONS

- Use this filling in a variety of menu items:
 - On English muffins, pita pizzas or dough pizza bases, pizza pinwheels (using scone/pizza dough)
 - As a topping for jacket potatoes
 - Stirred through hot pasta.



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