Recipe

Vegetarian Nachos

Serves: 45 | Prep Time: 40min | Difficulty: Easy



Packed with hearty beans, colourful veggies and melty cheese, these vegetarian nachos are a flavour-filled fiesta everyone will love!

Ingredients

- 1 large onion, finely diced
- 2 carrots, grated
- 1 zucchini, grated
- 2 tsp minced garlic
- 1 x 425g can 4 Bean Mix, drained and rinsed
- 2 x 425g can red kidney beans, drained and rinsed
- 1 x 425g can corn kernels, no added salt, drained and rinsed
- 1 x 425g baked beans, salt reduced
- 880 g tinned diced tomatoes
- 700g tomato passata
- 1 tbsp olive or canola oil
- 4 tbsp (1/4 cup) Mexican spice mix
- Shredded cheese to serve
- Optional – natural Greek yoghurt to serve
- Optional – guacamole to serve
- Tortilla wraps baked into tortilla “chips”

Method

1. Heat oil in large saucepan. Add onion and cook until soft. Add garlic and cook for 1 minute.
2. Add carrot and zucchini to saucepan, cover and sweat vegetables for 5 minutes to soften.
3. Drain and rinse corn, 4 bean mix and kidney beans. Add to pot.
4. Add all other ingredients including spice mix to pan.
5. Bring to the boil, cover, reduce heat and simmer for 30 minutes, stirring occasionally. Turn off heat and allow to cool.
6. Portion (approx. 70 grams) into silicone muffin cases and place in freezer.
7. Once frozen, pop out servings and store in sealed container in the freezer for up to 3 months.
8. When ready to serve defrost required number of portions in glass bowl and heat in microwave, or saucepan on the stovetop.
9. Portion into foil tray as follows – 20 grams tortilla chips, top with portion of nacho mix, top with 30 grams shredded cheese. Place under grill until cheese is melted. Add one tablespoon (20 grams) Greek yoghurt.

Serving suggestions:

Make as nachos with tortilla wrap “chips”, top a baked potato, filling for toasted sandwich/jaffle/quesadilla, burrito bowl or burrito with brown rice.