Bean Nachos

Ingredients	Serves 4	Serves 40
Olive oil	1 tbs	200 ml (10 tbs)
Onions	1	10
Red capsicums	1	10
Green capsicums	1	10
Corn kernels	400 g	4 kg
Tabasco sauce	½ tsp	5 tsp
Canned crushed tomatoes	400 g	4 kg
Canned red kidney beans	400 g	4 kg
Low-salt corn chips	200 g	2 kg
Reduced-fat cheddar cheese, grated	200 g	2 kg
Avocados	1	5
Lemon juice	2 tbs	400 ml (20 tablespoons)

Method

1. Chop the onion and capsicum
2. Heat the oil and stir-fry the onion until soft, then add the capsicum
3. Stir in the corn, tomatoes, kidney beans and Tabasco, and season with salt and pepper
4. Bring to the boil, reduce heat and simmer for 20-25 minutes.
5. Preheat the oven to 200’
6. Arrange corn chips on a baking dish, sprinkle with half the cheese, spoon over the bean mixture, then top with remaining cheese.
7. Bake for 10 minutes, or until corn chips are crisp and cheese is melted.
8. Meanwhile, mash avocado with lemon juice.
9. Serve with a dollop of avocado mix.