

Taco Tuesday



It's Taco Tuesday!

Tacos are packed full of goodness and you can tweak the ingredients and put your own stamp on this versatile dish. This is a tasty and nutritious meal that is fun to put together and enjoy as a family.

What you need:

Taco shells + your favourite fillings!

Here are some filling ideas:

Grated cheese - Corn kernels - Cucumber
Spinach - Lettuce - Avocado - Tomatoes
Cooked rice - Greek yoghurt or sour cream
Capsicum - Bean sauce mix

To make a bean sauce you will need:

Can of beans (Black beans work best)
Can of diced tomatoes - Water
Onion - Sweet potatoes (Both diced)
Paprika - Salt and pepper - Oil for cooking

TIP! Don't like beans? Use mince or substitute with mixed vegetables like capsicum, eggplant and carrot. Use whatever you have on hand!



What to do:

Let's prep

+ Heat oil in a large frying pan. Add the onion and sweet potato and cook for 5 minutes or until softened.

+ Add can of beans and cook for 5 minutes, stirring with a wooden spoon to make sure everything is combined and cooked through.

+ Add can of diced tomatoes, a dash of paprika and season with salt and pepper

+ Add 2/3 cup of water and simmer, stirring for a few minutes, or until the sauce thickens.

+ Once your sauce is bubbling, remove from the heat and place in a bowl ready for serving.

**Time to get your
tacos ready to serve.**

See next page for step by step



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Tip!

Don't have any taco shells available?

Try using tortillas, pita or any kind of flat bread to turn this into a Mexican wrap meal

Warm up those taco shells:

- + Heat taco shells in the oven for 5 minutes
- + Keep an eye on them, you want them just warm and crispy, not burnt

Set up your taco bar!

- + Serve warmed taco shells alongside the bean sauce mixture and all of your favourite toppings.
- + The best thing about tacos is building your own! Separate all toppings into little bowls - allow kids to choose what they want.

Enjoy!

[For more taco inspiration check out Jamie Oliver's Colourful Fish Taco video HERE!](#)

