

Mouthwatering BEEF NACHOS & GUACAMOLE



This recipe features Saveur's Garlic Mix, Seasoned Salt, Taco Spice and Guacamole Mix.

INGREDIENTS FOR BEEF

2 tbsp. olive oil*

500 g beef mince

1 onion, finely diced

1/2 tbsp. honey

**2 cups chicken stock
(salt reduced)**

1 can diced tomatoes

**1 can kidney beans,
rinsed and drained**

1 tsp. salt

**1 cup coarsely grated
tasty cheese**

1 large bag plain corn chips

1/2 tbsp. Saveur Taco Spice

1 tbsp. Saveur Garlic Dip

1 tsp. Saveur Seasoned Salt

FOR GUACAMOLE:

1 avocado, mashed

Fresh lemon juice to taste

1 tbsp. Saveur Guacamole Dip

Sour cream

Coriander leaves for garnish

METHOD

1. In a 28 cm deep pan on low to medium heat, add oil. Add onions and cook until translucent. Turn heat up to medium to high and add beef mince. Break chunks up and cook until browned, adding the spices and honey. Stir through well. Season with salt.
2. Add beef stock and canned tomatoes. Turn heat to low and allow to simmer approx. 30 minutes, stirring occasionally. Add red kidney beans in the last 5 minutes.
3. Once most of the liquid has evaporated, turn the heat off and set aside. In the meantime, preheat the oven to 200°C.
4. When the mince is almost ready, line a baking tray with baking paper and place corn chips, distributing evenly. Add shredded tasty cheese on top and bake until cheese is melted and golden.
5. To make the avocado dip, mix the mashed avocado with squeeze of lemon juice and Saveur Guacamole Dip.
6. Serve mince on top of cheesy nachos with the avocado dip and sour cream. Garnish with coriander leaves.
7. Best eaten straight away.



*To make this recipe Dr. Wallach-friendly, substitute butter for olive oil.

This recipe has not been tested with the substituted ingredients, so results may vary.