

# nourish

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## **Nacho Beans**

1 tablespoon olive oil  
1 onion, finely diced  
1 clove garlic, crushed  
1 teaspoon ground cumin  
400g can crushed tomatoes  
400g can (or 200g cooked) red kidney beans  
1 tablespoon brown sugar  
½ teaspoon salt (or to taste)

### **Method:**

1. Fry onion and garlic in oil over low heat until onion is soft. Add cumin and fry for 1 minute.
2. Add remaining ingredients and bring to the boil. Reduce heat and simmer for about 10 minutes, stirring occasionally, until thickened.

### **Serving ideas**

- Use as a sauce on nachos.
- Serve in burritos with grated cheese, diced tomato, cucumber and guacamole.
- Serve on jacket-baked potatoes with a little grated cheese and guacamole.
- Quesadillas - spread a thin layer of bean mix onto a tortilla. Sprinkle with grated cheese, corn kernels and diced capsicum. Top with another tortilla and heat in a sandwich press until golden brown. Serve with guacamole and lime wedges.
- Serve on cooked brown rice.
- Use as a sauce with tacos.