

## BEAN NACHOS

Ingredients	Equipment
<ul style="list-style-type: none"><li>• 200ml (10 tablespoons) olive oil</li><li>• 10 onions</li><li>• 10 red capsicums</li><li>• 10 green capsicums</li><li>• 4kg corn kernels</li><li>• 5 teaspoons Tabasco sauce</li><li>• 4kg canned crushed tomatoes</li><li>• 4kg canned red kidney beans</li><li>• 2kg low-salt corn chips</li><li>• 2kg reduced-fat cheddar cheese, grated</li><li>• 5 avocados</li><li>• 400ml (20 tablespoons) lemon juice</li></ul>	<ul style="list-style-type: none"><li>• Knives</li><li>• Chopping boards</li><li>• Frypan</li><li>• Stirring spoon</li><li>• Baking dish</li><li>• Serving bowls and plates</li></ul>

### Recipe for Bean Nachos

#### Ingredients

200ml (10 tablespoons) olive oil  
10 onions  
10 red capsicums  
10 green capsicums  
4kg corn kernels  
5 teaspoons Tabasco sauce  
4kg canned crushed tomatoes  
4kg canned red kidney beans  
2kg low-salt corn chips  
2kg reduced-fat cheddar cheese, grated  
5 avocados  
400ml (20 tablespoons) lemon juice

#### 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.