

Nachos using our yummy Tomato Pasta Sauce

Prepare chips from Wraps

Ingredients for topping

One onion (chopped)
can of tomatoes
A handful of thyme or oregano
3 cloves garlic (chopped)
Oil
Salt and pepper.
Cumin, Paprika or chilli
Can of drained red beans, mashed

Method

1. Heat a glug of oil in a pan. On a low heat cook the onion for 10 mins. If you are adding meat then brown it here.
 2. Add the tomatoes to the pan and another can of water along with your herb, pepper and 1 tsp salt. Bring to a boil, lower the heat and simmer for about 40 mins or until thick.
 3. Add your garlic 10 mins before the end of cooking. You can also add a 1/2 teaspoon of paprika and cumin or chilli flakes at this point. Add your drained mashed red beans.
 4. Serve on top of your nacho chips and top with cheese if you want. Add a chopped herb like basil or parsley. Serve with sour cream if you have some. Sometimes I just use Aioli or plain yoghurt.
- If you want more greens then add florets of broccoli or chopped greens to your cooking