

Method

1. Heat oil in large saucepan. Add onion and garlic. Sauté for a few minutes until onion is soft and translucent
2. Add mince and spices and cook until browned
3. Add tomatoes and cook for a further 5 minutes
4. Add beans and heat through
5. Prepare burritos according to packet instructions
6. To serve, each child can take a burrito on their plate, add some of the mince mixture, add their favourite accompaniments and then wrap up the burritos with the fillings inside.

Alternative: Omit minced beef and add more beans to make this more suitable for vegetarians.

Ingredients

Serves 20

- 80ml olive oil
- 4 medium onions
- 4 glove garlic
- 800g lean minced beef
- 4 tsp ground coriander
- 4 tsp ground cumin
- 1 tsp chilli powder
- 4 x 400g can of crushed tomato
- 4 x 400g can red kidney beans
- 4 x packet burritos

To Serve:

- 5-6 medium tomatoes roughly chopped
- 2-3 whole lettuce, shredded
- 4 carrot, chopped and grated
- 2 medium cucumber, chopped
- 400g mushroom, sliced
- 2kg tub natural low fat yoghurt

Fast Fact

A fun way of getting most of the food groups in one meal

AGHE Food Group

Cereals: approx. 1
Vegetables/legumes: 3
Dairy: ½
Meat or alternatives: 1

Involving the Children

The kids will have great fun putting together their own wrap