

# Chilli Beef Enchilada

Allergens - **Gluten**

## Ingredients

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Quantity	Ingredient
1.2kg	Minced Beef
225g	Onions (chopped)
200g	Mixed peppers (diced)
440g	Tinned Kidney Beans
30g	Tomato Puree
1.5kg	Tinned Tomatoes
5g	Chilli Powder
20	<b>Tortilla Wraps</b> (contains <b>Wheat</b> )



## Method

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1. Brown the mince, add the onions and cook until soft.
2. Add the tomatoes, tomato puree, chilli powder and diced peppers.
3. Mix well and simmer for approximately 1 hour.
4. Drain the kidney beans, add to the mixture and heat thoroughly.
5. Place the mince/bean mixture in center of tortillas, fold or roll to completely enclose mixture.
6. Place in serving tin, heat in steamer or oven.

### Nutritional Content per 100g

Energy (kcal)	Fat (g)	Saturated Fats (g)	Sugar (g)	Salt (g)	Carbs (g)
= 145.	= 3.3	= 1.3	= 2.5	= 0.38	= 22.7

Tortilla @ **56g** portion = **29.86g Carbs**

**Portion size** - Primary – 180g

Reviewed April 2018