

Save Our Stomachs

BEEF AND TOMATO TORTILLA STACK



This is an all time student favourite set to get your taste buds wanting more. It's a great one for cooking up, quick and easy to make. A fantastic dish to make for those nights in with your mates; you can all just tuck in.

This recipe serves 4-5 and takes 15-20 minutes to prepare and 25-30 minutes to cook.

Cooking equipment you will need:

- A sharp knife
- A shallow non-stick frying pan
- A chopping board
- A wooden spoon
- A large non-stick baking tray
- A garlic crusher (if you have one)

Ingredients you will need:

- 450g Quality Standard beef mince
- 1 small onion
- 1 large clove garlic
- 10ml ground paprika
- 1 x 400g can cherry or chopped tomatoes
- 15-30ml tomato purée
- 15ml Worcestershire or brown sauce
- Salt and freshly milled black pepper
- A small handful fresh coriander leaves
- 4-6 flour tortillas
- 100g Cheddar cheese

To prepare your ingredients:

Peel and finely chop the onion

Peel and finely chop or crush the garlic

Finely chop the herbs

Grate the cheese

Method:

Preheat the oven to Gas mark 6, 200°C/400°F.

Heat a large, shallow, non-stick frying pan until hot and cook the mince, onion and garlic for 5-7 minutes until brown. Add the paprika, canned tomatoes, tomato purée, Worcestershire or brown sauce. Season.

Bring to the boil, reduce the heat and simmer for 10-15 minutes. Stir through the coriander.

Place a tortilla on a large non-stick baking tray, lined with aluminium foil and spoon over a portion of the mince mixture evenly and a handful of cheese. Repeat with the remaining ingredients and top with the remaining cheese.

Bake for 10 minutes or until the cheese melts. Cut into quarters and serve with salad leaves and a soured cream dip.

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