

Soft Cheesy Taco

SERVES 12 FULL SERVES OR 24 HALF SERVES

SCHOOL
FOOD
matters
Community
CANTEEN
RECIPE

INGREDIENTS

12 medium Tortillas OR

12 Pita Pockets

1kg lean beef mince

1cup of grated carrot

1 Cup of grated Zucchini

$\frac{3}{4}$ cup Tomato finely diced

1.5 Tablespoons of Taco Seasoning

500g grated reduced fat cheddar cheese

$\frac{1}{2}$ - 1 cup of cold water

METHOD

1. Cook onion until soft
2. Add the mince and continue to cook stirring frequently until it is brown and crumbly.
3. Add the vegetables, mix together until the vegetables are spread throughout the mince.
4. Sprinkle the Taco seasoning over the mince and Vegetables, slowly add water while stirring, to prevent lumps, continue to mix until vegetables soften and the mixture starts to thicken, turn down low to keep warm.

1. Tortilla - cover half of the tortilla with a 1 cm thickness of the mince, sprinkle grated cheese over the mince. fold in half and place in a sandwich toaster to toast the outside of the tortilla and help the cheese melt through the mince mixture. Can be cut in half to serve.

1. Pita Pocket - Toast Pita pocket in sandwich toaster, snap the pocket in half, fill $\frac{3}{4}$ of the pocket with the beef mixture and top with grated cheese, place pockets side by side on an oven tray and place in the oven at 160 degrees for 10 minutes to melt cheese. Each pocket can be served as 1 half or both sides for a full serve.

Recipe by:

**Canteen Manager
Linda**

Campbell Town
District High
School

