



Food For Thought Recipe and Allergen Card

Mexican Bean Enchiladas

50 Portions

Ingredient	Hannah Product Code	Quantity
Kidney Beans		1 Tin
Onion		1k
Grated Carrots		1k
Chopped Tomatoes		1 Tin
Mixed Peppers		500gm
Cumin		25gm
Smoked Paprika		25gm
Tortilla Wraps		50
Oregano		3 Tbsp
Garlic		2 Tbsp
Olive Oil		100ml
Salt & Pepper		To Taste
Cheddar Cheese		1kg

RECIPE METHOD

1. Fry the Onion, Grated Carrot, Mixed Peppers and Garlic in some Olive Oil for 20 mins till soft.
2. Add Tomatoes, Kidney Beans, Cumin, Smoked Paprika & Oregano and cook for 20 mins, add some water if too dry, taste and season well.
3. Put a couple of spoonfuls in the middle of the Tortilla and wrap.
4. Oil a baking tray and arrange the made Enchiladas and cover with Grated Cheese
5. Place in the oven at 170c for 8-10 mins

The allergens highlighted in RED are present in this dish
Allergens:
Cereals : Wheat Rye Barley Oats Spelt Kamut
Milk
Eggs
Peanuts
Tree Nuts
Sesame
Fish
Crustaceans
Molluscs
Celery
Mustard
Soya
Lupin
Sulphites
May contain...