

Nacho sauce - cooked

Recipe adapted from Taste.com.au

Traffic light category: **Green**

Serves: 10 (140g)



Ingredients

- 1 teaspoon olive oil
- 1 medium brown onion, finely diced
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- 1 teaspoon chilli powder (optional)
- 1 medium red capsicum, diced
- 1 medium green capsicum, diced
- 1 x 420g can no added salt corn kernels, drained
- 1 x 400g can no added salt diced tomatoes
- 1 x 400g tin 4 bean mix, rinsed and drained
- 1 tablespoon lemon juice
- 1 tablespoon brown sugar

Method

1. Heat oil in a large frying pan over medium heat. Add onion and cook, stirring for 2-3 minutes or until onion is tender
2. Add spices and cook for 1 minute or until fragrant
3. Add all other remaining ingredients and bring to the boil
4. Reduce heat and simmer for 20 minutes or until capsicum is tender
3. Sauce can be used straight away or frozen in small portions for later use.

Nutrition information panel

Nutrient	Per serve	Per 100g
Energy	354kJ	254kJ
Protein	3.70g	2.66g
Total fat	1.01g	0.73g
Saturated fat	0.13g	0.09g
Carbohydrate	13.10g	9.40g
Sugars	5.65g	4.06g
Dietary fibre	3.96g	2.84g
Sodium	201mg	144mg

Recipe options -Amber

- Nachos made with unsalted corn chips
- Dipping sauce with unsalted corn chips

Recipe options - Green

- Nachos made with toasted tortilla chips
- As a topping for stuffed potatoes with a sprinkle of reduced fat cheese
- Dipping sauce for vege sticks
- As a base for chilli con carne or burrito filling with added lean mince
- Pizza sauce on a bread base



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