

Nachos (adapted from TTC recipes for the Outdoors 1994)

Serves 4 people

Ingredients

- 400g can kidney beans
- 6 cloves garlic
- 2 large onions
- 1-2 teaspoons chilli powder
- 2 teaspoons oregano
- 400g tomatoes/ puree
- 3 tablespoons oil for frying
- 1 packet corn chips
- 150g sour cream
- 1-2 avocados
- 100g grated tasty cheese

Method

On the tramp

1. Chop onions and garlic then fry in oil.
2. Add the kidney beans and mash with a fork
3. Add tomatoes, chilli and herbs. Bring gently to the boil, simmer for 5 minutes to blend the flavours.
4. Slice the avocado.
5. Serve on bed of corn chips. Sprinkle cheese, avocado slices and sour cream over the top.

Chef's Notes

- This recipe would be particularly suitable for a base camp

Number of people	Two	Four	Six	Eight	Ten
Kidney beans	200g	400g	600g	800g	1000g
Garlic	3 cloves	6 cloves	9 cloves	12 cloves	15 cloves
Onions	1 large	2 large	3 large	4 large	5 large
Chilli powder	1 teaspoons	2 teaspoons	3 teaspoons	4 teaspoons	5 teaspoons
Oregano	2 teaspoons	2 teaspoons	2 teaspoons	2 teaspoons	2 teaspoons
Tomatoes/ puree	200g	400g	600g	800g	1000g

Oil	2 tablespoons	3 tablespoons	5 tablespoons	6 tablespoons	8 tablespoons
Corn chips	1 packet	1 packet	2 packets	3 packets	4 packets
Sour cream	75g	150g	225g	300g	450g
Avocados	1	2	3	4	5
Grated cheese	50g	100g	150g	200g	250g