

Spicy Bean Tacobreads

Swapping taco shells for wholemeal bread is a clever way to pack extra goodness into this tasty Mexican meal. The bread is rolled thin and baked before being filled with a mixture of fibre-rich beans. This recipe is low in saturated fat and sugar and high in fibre which helps digestion.



Milk, soya, sulphites and wheat (gluten)*

Nutritional information per portion (385g):

Energy	Fat	Saturates	Sugars	Salt
1769kJ 421kcal 21%	20g 29%	4.8g 24%	12g 13%	1.6g 26%

of an adult's reference intake.
Typical values per 100g: energy 459kJ/109kcal.

Equipment

Weighing scales
Chopping board
Sharp knife
Measuring spoons
Large frying pan or wok
Wooden spoon
Can opener
Colander
Knife
Rolling pin
12 hole bun tin x 2
Small bowl x 2
Pastry brush
Oven gloves
Large serving dishes x 2
Small serving dishes x 2
Grater
Fork

Ingredients

Serves 4

1 medium onion
1 pepper (red, yellow OR orange)
½ x 5ml spoon chilli powder
OR 1 fresh chilli
1 x 5ml spoon vegetable oil
400g can chopped tomatoes
400g can beans (red, cannellini, mixed OR mixed bean salad)
For the tacobreads
6 medium slices wholemeal OR granary bread
2 x 15ml spoons vegetable oil
½ x 5ml spoon chilli powder

To serve

4 spring onions
75g reduced-fat Cheddar cheese
1 ripe avocado
100ml low-fat natural yoghurt
Black pepper (optional)

*Presence of allergens can vary by brand – always check product labels. If you serve food outside the home you must make allergen information available when asked.



Top Tips

- Rolling the bread until it is really flat makes it easier to press into the bun cases to make the shells.
- Make the avocado yoghurt just before serving to prevent it from discolouring.

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Method

1. Peel and finely chop the onion. Deseed and chop the pepper into 1cm squares. Deseed and finely chop the fresh chilli (if using). (Wash your hands after touching the raw chilli).
2. Heat the oil in the frying pan and add the onions and peppers. Soften over a medium heat for 3–4 minutes, then stir in the chilli powder or chopped chilli.
3. Open the can of tomatoes and open and drain the can of beans.
4. When the onions and peppers are soft, add the tomatoes and beans.
5. Stir well, bring to the boil then reduce the heat and simmer gently for 15–20 minutes. Stir several times and add a little more water if the mixture is very thick.
6. Preheat the oven to 200°C/180°C fan or gas mark 6.
7. Cut the slices of bread into 2 equal pieces.
8. Roll the pieces of bread to flatten using a rolling pin.
9. Press the slices well into the bun tins so that the 2 edges stick up. You may need to alternate each slice so that the crusts don't touch and put 6 in each tin to spread them out.
10. Measure the oil into a small bowl and stir in the chilli powder. Brush the bread shells with the chilli oil.
11. Bake for about 10 minutes or until golden and crisp but be careful not to burn them.
12. Leave to cool for a minute then pile the bread cases onto a serving dish.

To serve:

1. Trim the spring onions and chop finely.
2. Grate the cheese, put into a small bowl and mix in half the chopped spring onions.
3. Cut the avocado into 2 pieces, remove the stone and scrape the flesh into a small bowl. Mash with a fork and mix in the yoghurt. Season with black pepper (if using) and add the rest of the spring onions.
4. Pour the bean mixture into a serving dish.
5. Put the dishes on the table and let everyone make their own spicy tacobreads by filling with the beans, a spoon of avocado yoghurt and a sprinkle of cheese.

Something to try next time

- Use a 400g can of baked beans in tomato sauce instead of the beans. Choose those with reduced sugar and salt. Simmer the mixture until thick but be careful not to break up the beans by stirring too much.
- Instead of a pepper add a chopped medium courgette, 100g of frozen sweetcorn or 100g of sliced runner beans.
- Use a fresh chopped chilli or $\frac{1}{4}$ x 5ml spoon of dried chilli flakes instead of chilli powder in the filling.

Prepare now, eat later

- Prepare the bread cases up to 24 hours ahead and store in a tin or sealed container when cold. Heat in a hot oven for 3–5 minutes before serving to make sure they are crisp. Or freeze for up to 1 month and reheat in the same way.
- Prepare the bean mixture and allow to cool. Cover and store in the fridge for up to 24 hours before reheating until piping hot.

Skills used include:

Weighing, measuring, peeling, chopping, grating, mixing/combining, rolling, boiling/simmering, baking and serving.

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