

Heart Foundation
2017 Local
Government
AWARDS
Tasmanian Winner
Councils with populations
10,000–50,000

An Initiative of the Central Coast
Local Food Security Strategy

Healthy Food Recipes

Chilli Bean Mini Tortillas

Serves 4

Fresh lean beef is rich in vitamins and minerals, especially iron and zinc, and is therefore recommended as part of a healthy diet.



Ingredients | Method

12 Old El Paso Stand and Stuff Mini Tortillas
3 cups shredded iceberg lettuce
2 tomatoes, finely chopped
1 cup grated tasty cheese
420g can Banz Creationz™ Medium Salsa Chilli Beanz
1 tsp olive oil
400g lean beef mince
1 cup of corn
1 grated carrot

- 1 Heat oil in a large non-stick pan and cook mince for 5 minutes, or until well browned.
- 2 Add Banz Creationz™ Medium Salsa Chilli Beanz and simmer for 3 mins. Add corn and carrot. Season to taste.
- 3 Place a spoonful of chilli bean filling in the base of each warm mini tortilla. Sprinkle with a little chopped tomato and top with shredded lettuce. Finish with grated cheese and enjoy immediately.

Recipe courtesy of Australian Red Cross,
attributed to Woolworths Ltd.



Recipe #31 – courtesy of Ulverstone Neighbourhood House and Australian Red Cross

Ulverstone Neighbourhood House brings local people together to address what opportunities or needs exist in their community.

The Council is partnering with the House and the Australian Red Cross to deliver the FoodREDi food education program on Weds from 18 October to 22 November. FoodREDi programs aim to create an enjoyable experience cooking and eating together, and along the way gain an understanding of basic nutrition, food safety and how to eat healthily on a limited budget.

The House regularly receives fruit, vegetables and other supplies that are provided free of charge or at low cost to local residents. Visit the Food Shed on Tues and Thurs between 3pm and 4pm. Phone 6425 4186 for more information.



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Ph. 6425 4186
Open Mon–Fri | 9:30am–4pm
<https://www.facebook.com/ulverstoneighbourhoodhouse/>



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The Healthy Food Recipes campaign is part of the Central Coast Local Food Security Strategy available for download on the Council Facebook and website at www.centralcoast.tas.gov.au/healthy-food-recipes/ Also see link to Eat Well Tasmania's *What's In Season* guide.

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For more healthy eating, visit www.eatwelltas.org.au