



Bean Tacos (wraps)

(should serve about 15 hungry chaps)

1lb chopped onions
2 tablespoons olive oil
6 tins of beans (assorted tins), crush slightly (beans, not tins)
2 tablespoons chilli or equivalent
2 teaspoons ground cumin
2 hand fulls of fresh herbs (parsley, cilantro, just go wild here)
6 cloves of garlic (crushed)
1 teaspoon black ground pepper
2lbs of grated cheese (cheddar is great for this)
20-30 wraps or tacos (dependent on size)
2 or 3 iceberg lettuce (or any other that you can get)
1 large bottle of tomato salsa
3-4 tubs of sour cream (or greek yoghurt)

PREPARATION:

1. Sauté onion and garlic in olive oil in stock pot until tender, about 10 minutes. Add cumin, then beans and finally the fresh herbs. Leave hot in the pan.
2. Place a small hand full of lettuce on your wrap. Scoop 1/4 cup mixture onto each wrap, and 1 tablespoon each salsa and sour cream.