



BLOSSOM'S ORGANICS MEX MIX



Blossom's Organics Mex Mix can be used to make a delicious taco mix, either with minced meat or kidney beans and to flavour roasted vegetables, rice dishes, legumes, soups or wherever your imagination might take you. Since there are no additives or fillers, salt, sugar or MSG this blend should be used sparingly to taste as a little really does go a long way.

TACOS

This blend can also be with chicken, lamb, and/or vegetables and pulses.
For approx. 1 kg beef, 1 kg cooked kidney beans or both mixed.

INGREDIENTS

- 1 - 2 tbsps **Blossom's Organics Mex Mix**
- 1 kg beef, 1 kg cooked kidney beans or 500g of both mixed.
- ¼ - ½ cup olive oil for frying
- 2 large diced onions
- 2 cups fresh chopped tomatoes or tinned tomatoes
- Salt to taste

METHOD

- Fry sliced onions in oil.
- Add minced meat and/or kidney beans.
- Add **Blossom's Organics Mex Mix** and cook gently for a minute.
- Add tomatoes.
- Cook until meat and/or kidney beans are ready.
- Add water (depending on desired thickness).
- Salt to taste.
- Simmer on low heat for approx. 15 mins or until mince is cooked through.

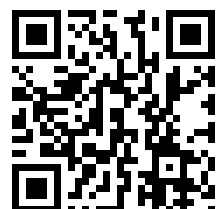
SERVING

Serve in warm taco shells filled with:

- Chopped spring onions or red onions
- Grated cheese
- Chopped lettuce
- Chopped fresh green coriander
- Diced tomatoes
- Diced cucumbers
- Drizzle of chilli sauce
- Sour cream

Absolutely delicious - enjoy!

For more recipes and details visit
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