

## OH, SO CHEESY SLOW-COOKED NAUGHTY NACHOS

Chop all the veggies and drain the red beans (and whatever needs draining); mince the garlic.

On a high heat add the oil and brown the mince in a skillet; chuck in the onion and garlic. Season with salt and pepper. Add to the slow cooker.

Add the rest of the ingredients to the slow cooker. Cover and slow-cook for 3 or 4 hours on high or 6 hours on low. Season at end.

Layer the corn chips, grated cheese and mince and put in 200 °C oven until cheese is melted.

Enjoy, with all the trimmings and a wicked tequila {optional}.

- 2 onions, finely chopped
- 4 cloves garlic, minced
- 2 tsp. dried chilli peppers
- 2 green peppers, diced; or tin of pea-corn mix, drained
- 4 Tbsps. canola oil
- 800 g lean beef mince
- 2 tins of canned tomatoes, diced
- 4 Tbsps. tomato paste
- 2 Tbsps. ground cumin
- 4 Tbsps. brown sugar
- Nacho/ corn chips
- 1 cup beef stock
- 1½ tins of canned red beans, rinsed and drained
- Salt to taste
- Black pepper to taste
- 900 g cheddar cheese, grated
- 250 g white gouda/ cheddar, grated
- Salsa
- Guacamole
- Sour Cream
- Just-out-the-freezer tequila {optional}