

# BEAN HAYSTACKS

**Preparation time:** 15 minutes

**Cooking Time:** 10 minutes

**Serves:** 6



## Ingredients

- 1 tablespoon oil
- 1 large onion, chopped
- 2 x 420g can mild chilli beans
- 1 x 400g can flavoured tomatoes
- 1 x 500g bottle pasta sauce
- Salad vegetables of your choice, such as sliced lettuce, diced tomatoes, cucumber or capsicum, grated carrot
- Lite sour cream
- Corn chips
- Fat-reduced cheese, grated

## Nutritional Information:

Kilojoules 1340 kJ  
Calories 320 cal  
Protein 17 g  
Total fat 9.7 g  
Carbohydrate 41 g  
Sodium 1025 mg  
Potassium 1400 mg  
Calcium 210 mg  
Iron 4.1 mg  
Fibre 11 g

## Method

1. Heat oil in large saucepan, sauté onion until soft.
2. Stir through chilli beans, tomatoes, and pasta sauce and heat through.
3. Serve bean mixture over corn chips topped with selection of diced tomato, cucumber, shredded lettuce, low-fat grated cheese and a little lite sour cream.

© Recipe and images kindly provided by Sanitarium Health and Wellbeing Company

