

**INGREDIENTS:**

1 small onion – diced

1 tbls olive oil

1 cup cooked chicken or turkey (diced or shredded)

1 tsp of taco seasoning mix

1 x 14½oz tins of chopped tomatoes

1 x 8¾oz tin of sweetcorn

1 cup of chicken stock (i.e. stock cube)

½ tbls of corn flour

**METHOD:**

1. Cook onion in the oil in a large saucepan until tender.

2. Add the cooked chicken/ turkey, tomatoes, sweetcorn and taco seasoning and stir.

3. Blend the chicken stock and cornflour and add to the saucepan.

4. Bring to the boil whilst stirring.

5. Reduce heat and simmer for 15 minutes stirring occasionally.

6. Serve with bread.

**MEXICAN STEW**