

# Hummus Beef Platter with Chips

8 ingredients · 20 minutes · 4 servings



## Directions

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1. Preheat oven to 415F and line a baking sheet with parchment paper.
2. Heat olive oil in a large pan over medium heat. Add the onion and beef. Cook for 10-15 minutes, stirring occasionally until cooked through. Season with salt and pepper.
3. Transfer tortilla slices to the baking sheet and bake for 5 minutes.
4. Spread hummus onto a serving plate and top with the cooked beef, tomatoes and cucumber. Serve with the brown rice tortilla chips. Enjoy!

## Notes

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### Vegan / Vegetarian

Use lentils, sauteed red peppers or mushrooms instead of beef.

### Leftovers

Keep covered in the fridge up to three days. Store the chips at room temperature and crisp back up in the oven if necessary.

## Ingredients

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- 1 **tbsp** Extra Virgin Olive Oil
- 1 Yellow Onion (chopped)
- 8 **ozs** Extra Lean Ground Beef
- Sea Salt & Black Pepper (to taste)
- 4 Brown Rice Tortillas (thawed and sliced into triangle chips)
- 1 **cup** Hummus
- 1 **cup** Cherry Tomatoes (quartered)
- 1/2 Cucumber (diced)