

Quilpie Shire Council

Community Newsletter

August 2023



Our homes, our communities, your Quilpie Shire Council.

Your Outback Adventure.



QUILPIE SHIRE NAIDOC WEEK 2023

From Monday the 21st to Friday the 25th of August 2023, the Quilpie Shire Council proudly coordinated a vibrant and engaging week of events to commemorate NAIDOC Week. This annual celebration is a time to recognise and honor the rich history, diverse cultures, and significant contributions of Aboriginal and Torres Strait Islander peoples to Australian society.

The theme for this year's NAIDOC Week was "For Our Elders", fo-

cusing on the impact Indigenous Elders have had, and continue to have, on Australian Culture. The Quilpie Shire Council embraced this theme wholeheartedly, coordinating a week-long program that brought together Elders and children alike to learn, connect, and celebrate.

Celebrations kicked off with a traditional Smoking Ceremony at the Baldy Top barbecue area, along with a mouth-watering morning tea. Throughout the week, the Elders spent time with children of Quilpie State College, St Finbarrs' School, and Eromanga State

School, connecting with and teaching about rich Indigenous culture. During the Closing Ceremony on Friday, everybody came together to create a piece of participatory art, commemorating Quilpie Shire NAIDOC Week 2023.

The NAIDOC Week celebrations in the Quilpie Shire Council were a resounding success, reflecting the community's commitment to embracing and promoting Indigenous culture and tradition. The week served as a reminder of the significance of honouring our Elders and fostering understanding between all Australians.



Thank you to Cunnamulla Aboriginal Corporation for Health, Deadly Choices, South West Indigenous Network & CWAATSICH for all of their support throughout this phenomenal NAIDOC Week Celebration!

CEO'S MESSAGE

Council have started the new financial year with many of the major projects currently underway or soon to commence in the coming months. Transport and Main Roads (TMR) were successful in receiving funding to upgrade a section on the Diamantina Development Road near the Grey Range. This works included the widening of existing floodways and bitumen seal, some delays may be experienced between August 29-30 while sealing works in undertaken. Unfortunately, additional widening works on floodways and bitumen seal to the west of the Grey Range to the Cooper Development Road turnoff has not been successful. Council will continue to support TMR in advocacy work to receive funding to upgrade this narrow and dangerous passage of the State controlled road.

Road works have also commenced on the Quilpie-Adavale Red Road, at present only 11km of the road remains unsealed. Due to the improved construction rates by Council's Road crews last year, additional funding has been allocated in the 2023/24 year to attempt to seal the majority, and potentially all, of the remaining unsealed section. This will be a great result for the Shire and community members travelling to and Adavale.

Austek Play have advised Council they are currently scheduled to arrive and commence construction of the new playground on the week commencing 11 September. Once this has been installed, Council will commence with engaging a supplier to install a new shade structure over the playground.

Council have received four new

houses from Hoek Homes, 2 x 4 Bedroom and 2 x 5 Bedroom. Local contractors and Council Staff are working to connect the new houses and we hope to see these houses have people living in them in September. A tender for Stage 1 of the Town House development has also been released, this tender is due to close in September with a decision on awarding the contract to be made in October.

In the very near future, Council will be releasing a Trade Services Register of Prequalified Supplier tender. This tender will help streamline Council's procurement process when it comes to engaging critical services such as mechanics, electricians, plumbers etc. An information session will be help as part of this tender and I would encourage all local business providing services highlighted in the tender to attend the meeting for more information.

The Shire has seen several major events being held throughout the past 2 months run by various community groups. Council do provide support to most events, however it is the tireless work of the volunteers of these groups that make it a success and it should not go unrecognised. It should also be mentioned that, for major events such as the Outback Golf Masters, those that travel to the Shire to attend the event also recognise how the volunteers go above and beyond to provide an enjoyable experience. This has supported major events returning to Quilpie, with the recent announcement that Quilpie will be hosting the final stage of the 2024 Outback Golf Masters and the million dollar hole in one.

Council staff have also been business with another high-quality

event, Mirusia under the stars. This was the first large scale music event fully organised and supported by Council. The event saw about 220 attendees, with a large number traveling from as far away as Sydney to attend this event. I would like to thank all Council staff involved as I have received countless positive comments about the event.

Kind regards,

Justin Hancock

Chief Executive
Officer





Minibeast Suncatchers
Tuesday 19/9
10:30 AM

Magazine Collage
Thursday 21/9
10.30 AM



Friendship Bracelets
Tuesday 26/9
10:30 AM

SCHOOL HOLIDAY ACTIVITIES

Spaces are limited!
Please call Annie-Jo
or Tracey on 4656 0550
to book!

at Quilpie
Library



Lid-tastic Garden Stakes
Thursday 28/9
10:30 AM

Virtual Reality Games
Wednesday 27/9 @ 2 PM
&
Friday 29/9 @ 2 PM



Craft activities are recommended for ages 8+.
Please note VR Gaming is not suitable for children under 10.



YOU'RE INVITED TO THE

2023

BULLOO BUSH BALL

SEPTEMBER 30TH, 2023

6.00 PM - 12.00 AM
 QUILPIE SHIRE HALL
 BEER & WINE INCLUDED
 WOODFIRED PIZZA
 LIVE AUCTION
 CASH BAR FOR SPIRITS
 BLACK TIE ATTIRE
 18+ EVENT

WITH LIVE MUSIC BY
Radio Club Band

Raising funds for



DROUGHT ANGELS



WIDELAND GROUP

RODEO

QUILPIE

**FRIDAY
SEPTEMBER
8TH**

OVER
\$7,000
IN PRIZE
MONEY



JCB

**BULLOO PARK
6PM - MIDNIGHT**

CALL 07 5499 1700 TO
NOMINATE FROM AUG 30

**OPEN BULL RIDE
NOVICE BULL RIDE
JUNIOR BULL RIDE
MINI BULLS**

WITH BULLS BY AHERN CONTRACTING




WIDELAND GROUP

**QUILPIE
AG & TECH**

FIELD DAYS

**SEPTEMBER
8TH & 9TH
9AM - 4PM**

- MACHINERY, VEHICLES & EQUIPMENT
- RAM STUDS
- CATTLE HANDLING EQPT
- BOUTIQUE STALLS
- AND MUCH MORE...

Have a product or business Graziers should see?

BOOK YOUR SPOT NOW!
 Contact Dannielle 0408 700 480



AT THE QUILPIE SHOW




**QUILPIE
SHOW & RODEO**

**SATURDAY THE
9TH OF
SEPTEMBER**

FIREWORKS



JET PACK ENTERTAINMENT



HELLY HOOPS



GEE'D UP



VIV'S FARM ANIMALS



Council Meeting Wrap Up



The Confirmed Minutes of the Special Council Meeting held on Monday the 7th of August 2023 and the Unconfirmed Minutes of the Ordinary Council meeting held on Tuesday the 15th of August 2023 are available in full on Council's website: <https://quilpie.qld.gov.au/council-meetings/>

SPECIAL MEETING OF COUNCIL, HELD 7 AUGUST, 2023:

- Subject to funding approval and finalisation, RFQL 01 23-24 Mt Margaret and Kyabera Road Sealing awarded to RPQ Spray Seal Pty Ltd, for an amount of \$471,693.38 excl. GST.

ORDINARY MEETING OF COUNCIL, HELD 15 AUGUST, 2023:

- Council approved an application from the Quilpie Motorcyclist Association for \$2,500 direct cash contribution and in-kind support for the use of Council equipment for the 2023 Quilpie Motorbike Gymkhana and Enduro.
- A request to waiver hire fees for Community Yoga Sessions at the Quilpie Shire Hall Supper Room on Thursdays 5.30pm – 6.30pm on an ongoing basis for a period of 12 months was approved.
- Council approved a direct cash contribution of \$5,000 to assist with costs associated with travel, accommodation,

entertainment, amusement rides and Queensland Ambulance for the 2023 Quilpie & District Show & Rodeo.

- A Development Application was approved for a Material Change of Use to establish "Warehouse" (Cold Storage (Wild Game)) on land situated at Diamantina Development Road, Quilpie, formally described as Lot 5 on SP273738 subject to conditions.
- Council adopted the Drug and Alcohol Management Plan for Micro-Business developed to meet the requirements of Civil Aviation Safety Regulations 1998 (CASR) Part 99B.
- It was determined that departments of Council (excluding Tourism and limited critical services) shutdown for the Christmas / New Year period as of close of business on Friday 22 December 2023, with normal operations to recommence on Monday 08 January 2024. The Quilpie Visitor Information Centre and Museum will shutdown for the Christmas / New Year period as of close of business on Saturday 23 December 2023, and commence operating for limited hours from 9am to 1pm

daily for the period Tuesday 02 January 2024 to Sunday 07 January 2024 with normal operations to recommence on Monday 08 January 2024.

- Council approved the installation of a Shade Structure at the Adavale Sport & Recreation Grounds which is located on Council Owned Land.
- The Animal Management (Cats and Dogs) Act 2008 requires that all dogs in Queensland are registered once they are more than 12 weeks old (with exceptions). Council approved a selective Approved Inspection Program in the Quilpie and Eromanga townships to be carried out from 1 October 2023, for a period of not more than six months from that date, to ensure compliance with registration requirements of the Animal Management (Cats and Dogs) Act 2008.
- That Council endorse the flying minute issued on 27 July 2023 to approve the allocation of one Council Housing Property for the vacant Director/Early Childhood Teacher vacancy at Mulga Mates Early Learning Centre.

Council Meeting Wrap Up (cont.)



- Council resolved to enter into a lease to the Quilpie Sport & Recreation on Lease A, Lot 3 Brolga Street, Quilpie.
- It was decided to enter into periodic Leases for the two residential properties in the town of Quilpie – 74 Pegler Street and 57 Galah Street, with Ergon Energy Corporation Limited, with an increase in rent as per the fees and charges.
- McWaters Pastoral have submitted a development application for Lot 14 on SP273738 DA 05-22 and have requested Council, as an adjoining property owner, if they have any objections to the proposed change of material use to Warehouse (Rural Storage) and Animal Keeping (Temporary Spelling Yards and Horse Stables). Council resolved not to provide any submissions.
- Council supported an application for the Eromanga Natural History Museum – Stage 3 under the Growing Future Tourism Program (up to the value of \$3 million excl. GST).

YOUR COUNCILLORS



Cr Stuart Mackenzie
Mayor
P: 4656 4771
M: 0429 069 314
E: mayor@quilpie.qld.gov.au



Cr Jenny Hewson
Deputy Mayor
P: 4656 1311
M: 0428 461 294
E: jhewson@quilpie.qld.gov.au



Cr Roger Volz
Portfolios - Arts, Culture & Tourism
M: 0428 561 468
E: rvolz@quilpie.qld.gov.au



Cr Bruce Paulsen
Portfolios - Sport, Recreation & Youth
P: 4656 1421
M: 0476 166 378
E: bpaulsen@quilpie.qld.gov.au



Cr Lyn Barnes
Portfolios - Business Development
M: 0428 561 461
E: lbarnes@quilpie.qld.gov.au

SO YOU WANT TO BE A COUNCILLOR?

Represent your community by nominating
in the 2024 Local Government elections.

statedevelopment.qld.gov.au

TAKE THE
90-MINUTE
ONLINE TRAINING
COURSE NOW



Queensland
Government

South West Strive for 10 000 Steps Challenge



PLEASE JOIN OUR 10 000 STEPS
TOURNAMENT!

WHERE: South West Region

WHEN: 1st - 30th September 2023

WEBSITE: www.10000steps.org.au

GOAL: Team with the highest average daily
step count will be our winner!

GET YOUR TEAMS TOGETHER AND APPOINT YOUR
TEAM CAPTAINS IN TIME FOR SEPTEMBER



SAVE THE DATE

KANGARANGA DO STREET PARTY

TUESDAY, 29TH AUGUST 2023
BROLGA STREET, QUILPIE



Wriggle & Rhyme

Join us at Quilpie Shire Library for stories,
songs and play every Tuesday at 10:30

Contact Quilpie Library on 4656 0550 for more information

First 5 Forever is a family literacy program funded by State Library of
Queensland in partnership with the Queensland Government for children 0-5.



South West Hospital and Health Service

Do you need a Dental Appointment?

We are coming to

Quilpie

Monday 11 to Thursday 14 September 2023

Call 1300 215 659 or 4621 2280 for an appointment or to be placed on our waitlist.

To be eligible for treatment you will need one of the following:
Health Care Card;
Pension Concession Card;
Commonwealth Seniors Health Card;
Queensland Seniors Card or Veterans Affairs Card.

Please note there are waitlists for some treatments



South West Oral Health Service



You are invited to attend a webinar at
Quilpie Shire Council Library
Tuesday 5th September 2023 from 3-4pm

eSafety with BeConnected

Android Phone Basics

Get the most out of your Android phone by exploring its settings
and discover more features and useful tips to help you do more
with your phone!

This free webinar will explain:

- Android phone features, settings and shortcuts
- ways to access, view and delete notifications
- how to change your passcode and block nuisance calls
- accessibility features and how to adjust them how to share photos with others

For more information call: Annie-Jo or Tracey 4656 0550,
Michelle 0427 243 055

Engineering Works Update



The past few weeks have seen significant milestones come and go for the Engineering Services team. From the housing project to infrastructure improvements, Quilpie Shire has been abuzz with activity in August.

Council took possession of two five-bedroom demountable houses, connected the plumbing, and commenced preparation for the turfing of the two four-bedroom demountable houses already possessed.



On the Infrastructure front, much progress has been made on the Grey Range Project. Council commenced the widening and reshaping of floodways, as well as the installation of culverts. Pipe extensions were also carried out. The Department of Transport and Main Roads have agreed to seal the crest between the Grey Range and the Eromanga turnoff using Road maintenance performance contract funds, which is a substantial savings for Council.



Amidst work on the Grey Range Project, there has been plenty of maintenance to stay on top of throughout the shire. Thargomindah Road received shoulder maintenance, and Council has removed contaminated material from the trailer roll-over on Cooper Developmental Road.

The Queensland Reconstruction Authority has approved a disaster activation for flood damage for the period between the 4th-15th of March this year. Flood damage repairs are underway on the Mt Margaret Road, with stabilising and sealing already carried out. When the crew are finished on Mt Margaret Road, they will move onto Kyabra Road.



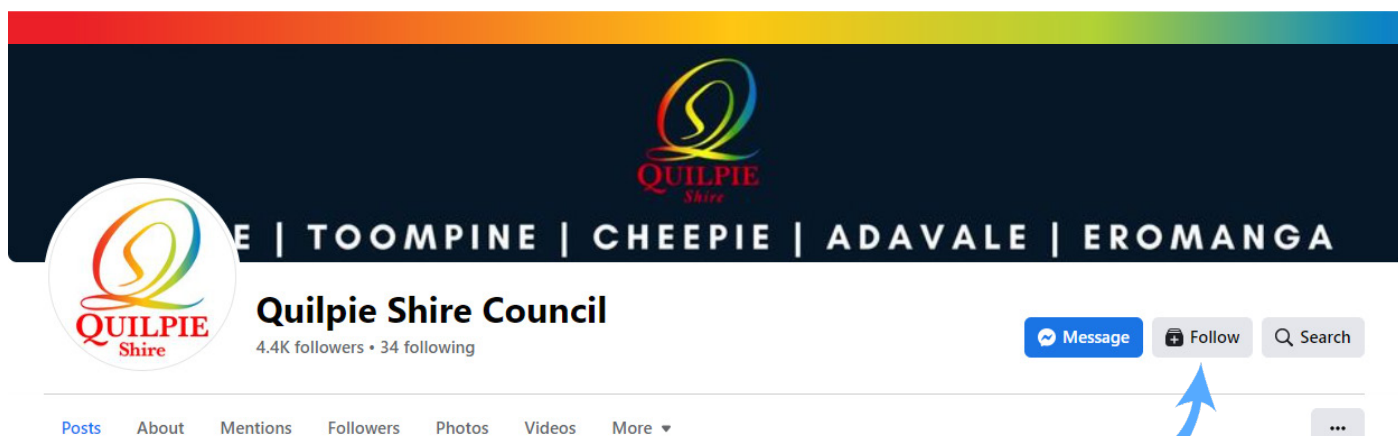
Landscaping work on the Median Strip on Brolga Street in-between Chulungra and Gyrica Streets continues, in an effort to reduce the amount of watering required to maintain the garden beds, in line with the Quilpie Main Street Master-plan. This will create a more sustainable and environmentally friendly entrance to our town.

Council uses Facebook to update the community on road conditions, local events, service disruptions and more. If you are not a Facebook user, you can still see the information without being logged in. Just head to:

www.facebook.com/profile.php?id=100068665398397/

You can also see the state-wide road condition reports by clicking on the Emergency Event Dashboard on Council's web page:

<https://quilpie.qld.gov.au/>



Follow us on Facebook to keep up with Council activity!



10th July – 15th September 2023

This timetable is subject to change and members will be notified as soon as possible should this occur.

Non Gym Members welcome to attend the Functional Fitness Class

\$15 / person, payable prior to class starting

wexer

Time	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:30 – 7:00 am		Gentle Morning Mobilizer WEXER		30-minute Energizing Yoga Flow WEXER	
12:30-1:00 pm	Cycling Warmup Cycling Beginner Cycle Cool Down & Stretch WEXER	20-Minute KettleBell Tone WEXER	30-Minute Move It! Line Dance WEXER		15 minute HIIT on the Step & Cardio Step Finisher WEXER
5:30 – 6:30 pm	Body Burn 4x4 WEXER	Functional Fitness Cam		21-Minute Fat Burner HIIT Sweat LA30 + Full Body Cool Down WEXER	

Members are welcome to use the virtual classes when the group fitness room is not in use.

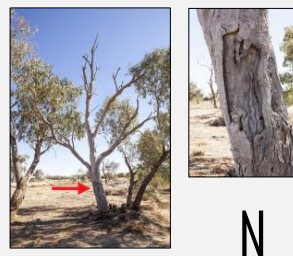
Eromanga's new tourist attraction - Two coolabahs marked 150 years ago!

Text Rob Savory; Photos Steve Young

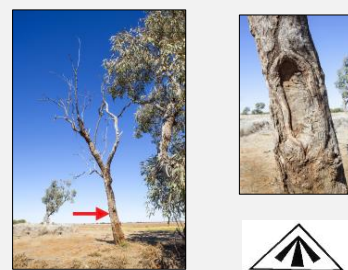
About a hundred and fifty years ago, two trees standing beside Erounghoola (Pronounced Ya-rong-galla) Creek, were marked as reference points for the Berella North & Berella South Run boundaries. These were the first two leases to be claimed in the vicinity of where Eromanga stands today.

In 1872, Charles Nutting marked his coolabah with the letter **N** as the Commencement Point for the Berella North Run & Berella South Run lease descriptions. He claimed a total of 100 square miles (ie. 64,000 ac = 26,000 ha). His leases extended 10 miles (16 km) west to Berella Waterhole. Charles Nutting was Eromanga's first registered pastoralist.

In 1874, while drafting cattle near Roma, he was knocked off his horse by a crazed beast. He died from head injuries and is buried in Roma Cemetery. He was just 23 years old. Two of his brothers inherited the Berella Runs. The leases were eventually taken over by Peppin & Webber as part of the Kyabra Consolidated Runs.



In 1877, surveyor George Watson was employed by the Queensland Government to fix the boundaries between the various properties in this corner of the State. Watson marked his coolabah (near Nutting's) with the Government survey mark, **a broad-arrow within a triangle**. Unfortunately, this mark is hardly discernable today. Watson's Survey Point No. 92 (as it was) then became the revised Commencement Point for the Berella Runs. More significantly, it became the Datum Point for a number of subsequent land surveys in the area, including the survey / subdivision of Eromanga Township.



In 2018, these long-forgotten marker trees behind the Community Hall were rediscovered by two Eromanga locals, Scott Walker and James Livingston.

This event triggered research that has revealed the whole Nutting / Watson story.



The new tourist attraction: A group of grey nomads attending the daily history talk presented by 'Old Rob'.



FOOTNOTES

Diversion of Erounghoola Creek: In about 1906, the creek was diverted round to the north of the pub by the then licensee to prevent flooding in the town. The creek never reverted to its original course.

The name of the town: The town was originally known as Erounghoola - difficult to pronounce and with several alternative spellings. In 1882, the name was officially changed to Eromanga, but for reasons that remain obscure. [The suggestion that Eromanga is an Aboriginal word meaning 'windy plain' is incorrect.]

Acknowledgements: Bill Kitson (Veteran Qld Surveyor) and Kaye Nardella (Museum of Lands, Mapping and Surveying).

nbn® construction commencing soon

Service Stream is working on behalf of nbn® to help improve Australia's digital backbone in your area, by rolling out more fibre deeper into the nbn® network. This project is supported with funding from the Australian Government.



ServiceStream

What's involved?

Service Stream will commence work in your street shortly. This may include:

- Installing cable through new and existing underground pipes or on existing overhead poles
- Digging and/or drilling on public property such as under footpaths or on nature strips
- Installing pits, similar to the telecommunication pits you may already see in your area

Standard hours of work:

- Monday to Friday: 7am - 5pm
- Saturday: 7am - 1pm

*hours may vary, if so, further information will be communicated

Thank you for your patience, please take care when near a construction zone and always follow pedestrian and traffic management instructions.

How will this affect you?

Whilst all care will be taken to minimise disruption during construction, please be aware:

- There may be temporary footpath and/or road closures
- Temporary noise and dust associated with the work
- Limited street parking, where possible please park your vehicle(s) in private driveways
- We expect there will be no impact to your existing telecommunications network while work is being carried out.

Service Stream will take all reasonable steps to ensure that the land is restored to a condition similar to before the works began. Temporary restoration will be undertaken daily to keep work areas safe and final restoration will be done as soon as practicable after work is completed.

Have you confirmed your detail with us?

To register your interest, provide your details or if you have an enquiry, please:

- Scan the code below
- Call 1800 716 226 or
- Email us on enquiries.telco@servicestream.com.au



SCAN ME



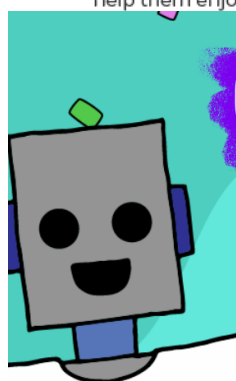
ServiceStream

Construction partner of



For more information on the current rollout, visit: nbn.com.au/areaconstruction

nbn® is upgrading infrastructure and providing more fibre connections to millions of homes and businesses across Australia to help them enjoy faster and more reliable nbn® connectivity.



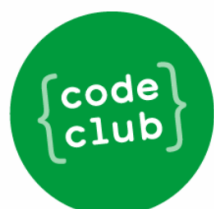
CODE CLUB

Are you interested in coding or robotics?

Quilpie Shire Library are holding Come & Try Coding Sessions for ages 9 to 11!

When? Wednesday September 7 @ 3.30 PM & Thursday September 8 @ 3.30 PM

Contact Annie-Jo or Tracey with any questions on 4656 0550 or library@quilpie.qld.gov.au



TOP TIPS FOR EATING MORE LEGUMES

- 1 ADD DRIED OR CANNED LENTILS, CHICKPEAS OR SPLIT PEAS TO STEWS, CASSEROLES AND CURRIES
- 2 ADD CANNED LENTILS TO PASTA SAUCES AND MINCE DISHES SUCH AS SPAGHETTI BOLONESE OR LASAGNA
- 3 ADD CANNED MEXICAN BEAN MIXES OR KIDNEY BEANS TO NACHOS, TACOS OR BURRITOS OR SERVE THEM WITH REFRIED BEANS
- 4 MAKE OR BUY HUMMUS AND USE IT AS A DIP, SALAD BOWL TOPPER OR AS A SANDWICH OR TOAST SPREAD
- 5 ADD FOUR BEAN MIX, LENTILS OR FALAFELS TO WRAPS AND SALADS

QUILPIE SHIRE COUNCIL
YOUTH CENTRE at CWA HALL
10 - 16 Years



WEDNESDAYS 3.15 - 4.15pm
AFTERNOON TEA
INDOOR AND OUTDOOR GAMES

Contact: Michelle Donohue Mob 0427 243 055
Sessions will not be held during School Holidays

QUILPIE SHIRE COUNCIL
AFTERSCHOOL CRAFT ACTIVITIES at CWA HALL
5 - 9 Years



MONDAYS 3.30 - 4.30pm
Fruit Snack Provided
CRAFTS AND FUN

Contact: Michelle Donohue Mob 0427 243 055
Sessions will not be held during School Holidays

REMINDER

Animal registrations renewal for the period of
1st October 2023 to 30th September 2024
will be sent out in the coming weeks.

If you have an unregistered animal please contact us to
organise registration.

If you no longer have your registered animal, please
contact us so we can amend our records.

If you have any queries please contact Councils
Administration office on 07 46560500.



FunTime amusements




SATURDAY 9TH OF SEPTEMBER

ALL DAY RIDES PASS PRICES:
 Under 5 - \$25.00
 Adults & Kids - \$40.00

Arm bands available at the Secretary Office





© WWW.ACTIVEATTRACTIONSANDAMUSEMENTS.COM.AU
 ACTIVEATTRACTIONSANDAMUSEMENTS
 0413 852 296



ARCADE GAMES



TWIN DRIVER, DDR DANCE MACHINE, PINBALL MACHINES,
 PING PONG TABLES, ARCADE TABLES AND SHOOTING GAME

2023 SCARECROW COMPETITION

- BEST BUSINESS SCARECROW
- BEST RESIDENTIAL SCARECROW
- BEST SCHOOL/COMMUNITY GROUP SCARECROW

**Back
to
basics**

Remember that we are all about
keeping things simple this year,
throw a scarecrow up and join in the
fun!



New Books at the Library!

	<p>The author of <i>The Lake House</i> returns with a novel spanning continents and centuries, centred around an unsolved small-town tragedy.</p> <p>Also available as an audiobook and ebook!</p>		<p>Struggling cafe owner, Sam, joins forces with a city restaurateur, to open a destination restaurant. But will old hurts & hidden truths destroy the new business before it's afloat?</p> <p>Also available as an ebook!</p>
	<p>Detective Sergeant Mark Ariti investigates a cave diving death in a South Australian coastal town. The tragedy re-opens decades-long feuds and old loyalties.</p> <p>Also available as an audiobook!</p>		<p>When Lotti's new partner disappears, she follows him to his home town where decades of lies begin to unravel in this gripping domestic drama.</p> <p>Also available as an audiobook and ebook!</p>


Quilpie Shire Library is open Monday to Friday 10:00am to 4:30pm. You can also reserve these titles on the QLDLibraries App or by calling the library on 4656 0550.

Vegetarian Chilli

Serves: 6

Prep time: 5 minutes

Cook time: 15 minutes

 3 ½ serves per portion

Ingredients

1 tablespoon olive oil
1 medium onion, finely chopped
1 medium capsicum, diced
400g can black beans, drained
400g can four-bean mix, drained
400g can corn kernels, drained
2 x 400g cans diced tomato
1 packet taco seasoning, reduced salt*
Brown rice, to serve

Suggested toppings:

Cheddar cheese, reduced fat, shredded
Coriander, leaves only
Sour cream, reduced fat
Red chilli, sliced
Guacamole (mashed avocado, lemon juice, salt & pepper)

Method

HEAT oil in a large pot over medium heat. Once hot, add diced onion and cook until softened, stirring occasionally (about 5 minutes).

ADD capsicum and fry for another 2 minutes or until capsicum has softened.

ADD all canned ingredients and taco seasoning, bring to a simmer then reduce heat and cook for 5 minutes.

SERVE over brown rice and your choice of toppings.

**You can create your own taco seasoning by combining: 1 tablespoon chilli powder, ¼ teaspoon garlic powder, ¼ teaspoon onion powder, 1 tablespoon paprika, 1 ½ tablespoons ground cumin, salt and pepper to taste*



Everyday Food

Recipe courtesy of Aleks Lukovic, Country Kitchens team

OLD COUNTRY WOMEN'S ASSOCIATION
COUNTRY
Kitchens
Recipe for good health



health+
wellbeing
Queensland



qcwacountrykitchens.com.au