



Mexican Mince and Beans

Serves 6-8

Ingredients:

1 onion, chopped
1 clove garlic, chopped
½ teaspoon ground cumin
1 teaspoon dried chilli or chilli paste
1 x 800g can chopped tomatoes in rich sauce
1 x 440g red kidney beans, rinsed and drained
2 teaspoons oil
300-400g lean mince – beef, turkey, chicken or kangaroo

Serving suggestions:

- In a wrap with salad and grated cheese
- With rice and cooked veg
- On a baked potato
- With pasta

Method:

1. In a large frypan heat oil and fry onion until clear
2. Add cumin, chilli and garlic and fry for 60 seconds
3. Add mince and cook until brown
4. Add tomato and beans, and cook for 2-3 minutes until tomato mixture is no longer runny

Tips:

- *This is a great budget meal because beans are a cheap way to make your meat 'stretch' further*
 - *The beans provide iron, as an alternative to meat. The tomatoes and salad are a good source of vitamin C which will help your body absorb iron from the beans*
 - *Cook up a big batch and freeze in portions for dinner on busy nights*
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