

# Mexican Mince

Food Foundations • another NAQ Nutrition program

## Ingredients:

### Serves 20

- 2 tablespoons olive oil
- 1 brown onion, diced
- 2 cloves garlic, finely chopped
- 750 grams lean beef mince
- 3 teaspoons cumin powder
- 3 teaspoons smoked paprika
- 2 carrots, grated
- 2 green capsicums, finely chopped
- 600g kidney beans, rinsed and drained
- 600g tinned crushed tomatoes
- 3 tablespoons tomato paste
- 200ml salt reduced beef stock



## Method:

1. Heat oil in a large frypan on a medium heat.
2. Fry onion and garlic for 5 minutes until softened.
3. Add mince and stir until meat cooks through.
4. Add cumin, smoked paprika, carrot, capsicum and kidney beans.
5. Add the crushed tomatoes, tomato paste and stock.
6. Simmer gently for 20 minutes, until the liquid is reduced.
7. Serve with basmati rice and extra vegetables.

Food Group	Serves provided per portion (Ingredients above for 20 portions)
Vegetables	1.1 serves
Meats & legumes	0.8 serves