

Savoury Mince

Ingredients

500g minced beef
400g canned tomatoes
400g soup or stew (optional)
400g canned peas and carrots, drained
1 onion
1 stock cube
Oil or margarine for cooking

Utensils

Chopping board
Knife
1 large frying pan or pot
Wooden spoon or spatula to stir
Can opener (if required for canned items)

Optional extras

- Can add herbs or garlic to taste
- The recipe works without the soup if you don't have any on hand
- Can use salt in place of stock cube
- Extra beans or lentils would make this feed a larger group



Method

1 Please wash hands.



2 Chop onions finely and cook in the frying pan with a small amount of oil.



3 Add in mince. Break up the mince with the wooden spoon so the mince cooks through.



4 Crumble in the stock cube. Add in the canned tomatoes.



5 Drain the excess liquid from the canned peas and carrots.



6 Add them in to the pot with the soup.



7 Boil on low until the mixture thickens. Serve on toast, rice or baked potatoes.



Recipe sourced from Kelly Aplin, Foodbank Volunteer and Community Foodie