

GF Friendly

Mexican Mince

Beef mince and vegies in a tomato chilli sauce

Quick, cheap and easy this one. Meat mince other than beef can be used; or for vegetarians just add extra vegies of choice.

200g beef mince
 ½ onion
 1 cup mushroom (optional)
 ½ can (200g) baked beans
 ½ can (200g) diced tomatoes
 1 medium potato
 1 **level** tsp chilli powder
 Salt and pepper (optional)
 1 Tbsp olive oil, or other



If using cheap mince, cook lightly in a pan and drain off the fat. Peel the potato and cut into 2cm (3/4 inch) cubes; then boil until just softening. Slice the onion. Peel the mushroom and cut into small pieces.

In a frying pan or wok, first warm the oil with the chilli powder before adding the beef mince, onion and mushroom. Toss to coat and continue cooking for about 4 minutes. Drain the boiled potatoes, add to the same pan and turn gently while sautéing for a further 5 minutes.

Now add the tomatoes and baked beans and stir carefully while cooking on a low heat for around 10 minutes. The remaining half-cans of tomatoes and beans can be put in suitable sealed containers and frozen.

This can be taken off the heat and left covered for later re-heating.

Serves 2 with rice and/or extra vegies – for more serves see Tip

Tip: to make this spin out for more serves, either double up on the ingredients, except for the oil, or add extra vegetables of choice.

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