

# mince mash

by Zsuzsanna Csesznik!

## what you will need

1 onion diced  
 1 clove garlic chopped (optional)  
 225g/8oz lean mince beef  
 2 beef stock cubes or 2 tablespoons gravy granules  
 1 cup of water  
 4 carrots peeled and thinly sliced  
 2 sticks of celery chopped  
 1 pepper (any colour) chopped  
 1 can red kidney beans  
 4 large potatoes, peeled and cut into medium sized chunks  
 Milk to mash with potatoes

**Serves 4**

**Preparation time = 15mins**

**Cooking time = 35mins**

**Cost per serving =  
 less than £1.25**

**5 a day portions  
 per serving = 1-2**

## get cooking

Put onions, garlic and mince into a large pan. Fry stirring continuously until brown, no need to add oil as the mince will fry in its own natural fat. Add 1-2 tablespoons water if it becomes dry to prevent sticking. Add carrot, pepper, celery, beans and water. Cover and simmer gently, stirring occasionally for 20 minutes. Add the stock cubes or gravy granules and stir well. Taste and add black pepper if required. Cook the potatoes in water until soft -10-15 minutes depending on the type. Mash with milk. Serve up the mince and mash.

## alternatives

Cook double portions of the mince and save for another day (keeps for 3 days in a fridge). Serve on top of jacket potatoes. Place the mince in the base of an oven proof dish, cover with the mash, sprinkle with 2oz of grated cheese and bake in the oven for 20mins at 180 C/gas mark 4. Use soya mince and vegetable stock cubes for a vegetarian option.

## top tips

Use beef mince which is less than 10% fat - less than 5 % is available in most shops. Mince is a good source of protein, iron, zinc and vitamins. A good meal to get children to eat vegetables as they are mixed in with the mince.



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