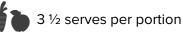
Mexican Beef

Serves: 4 Prep time: 15 minutes Cook time: 30 minutes



Ingredients

1 tablespoon olive oil
1 brown onion, finely diced
2 garlic cloves, finely chopped
1 carrot, grated
500g lean beef mince
1 teaspoon paprika
1 tablespoon cumin
1 teaspoon garlic powder
1 teaspoon vegetable stock powder
400g can diced tomato
2 tablespoons tomato paste
400g can black beans
125g can corn kernels



Everyday Food

To serve: Brown rice, prepared according to packet instructions Light sour cream Coriander leaves

Method

HEAT a large saucepan over medium-high heat and add oil and onion once hot. Cook onion, stirring, for about 5 minutes or until softened.

ADD garlic and carrot and cook for a further 2 minutes.

ADD beef mince, paprika, cumin, garlic powder and vegetable stock and fry until mince has browned, about 5 minutes.

POUR in the canned tomato, tomato paste, black beans and corn and stir well. Bring to a boil then reduce heat to a simmer and cook for 15 minutes until sauce has thickened.

SERVE the mince on a bed of brown rice topped with a dollop of sour cream and a sprinkle of coriander.

Recipe courtesy of the Country Kitchens team

