

## Mexican Beef

**Serves:** 4

**Prep time:** 15 minutes

**Cook time:** 30 minutes



3 ½ serves per portion

### 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

*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.



Everyday Food

*Recipe courtesy of the Country Kitchens team*