

# **Savoury mince**

**Serves: 6**

**Prep time: 10 mins**

**Cook time: 25 mins**



## **Ingredients**

1 tbsp olive oil  
2 onions, finely chopped  
500g lean beef mince  
1 tbsp tomato paste  
1 tsp salt-reduced beef stock powder\*  
1 cup water  
2 cups frozen mixed vegetables (peas, carrot and corn)  
1 tsp mixed dried herbs (optional)

\* Gluten free if using gluten-free stock powder

## **Methods**

### **Step 1:**

Heat olive oil in a large saucepan over medium heat. Add onion and cook for 3-4 minutes or until soft and translucent.

### **Step 2:**

Add mince and cook for a further 3 minutes or until browned, breaking it up with a wooden spoon as it cooks.

### **Step 3:**

Add tomato paste, beef stock powder, water and herbs and stir until well combined. Simmer for 15-20 minutes or until sauce has thickened.

### **Step 4:**

Stir through vegetables and continue cooking for 2-3 minutes or until heated through.

Serving suggestion: serve with brown rice, mashed potato or mashed sweet potato and top with a dollop of light sour cream.

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