

Save Our Stomachs

MAINSTAY MINCE



Why not make this huge batch of mince, batch freeze then use as required as a base for any of our four delicious mince recipes like all in one mince supper, beef tortelloni, speedy beef curry and cheesy beefy and tomato croissants?

If you like you can make half the quantity of the mainstay mince too and use as required in, for example, toasted cheese sandwiches, chilli con carne, as jacket potato and taco fillings and lasagne

This recipe takes 15-20 minutes to prepare and 20-25 minutes to cook

Cooking equipment you will need:

- A large non stick frying pan or casserole dish
- A sharp knife
- A wooden spoon
- A measuring jug
- A can opener
- A garlic crusher
- A chopping board
- A set of measuring spoons

Ingredients you will need:

- 1.5kg lean minced beef
- 4 carrots
- 2 large onions
- 5 garlic cloves
- 2 celery sticks
- 600ml good, hot beef stock
- 1 bay leaf
- 1 x 400g can chopped tomatoes
- 90ml tomato ketchup
- 45ml Worcestershire sauce
- 15ml dried mixed herbs
- Salt and freshly milled black pepper

To prepare your ingredients:

Peel and evenly chop the carrots

Peel and chop the onions

Peel and crush the garlic

Chop the celery

Method:

Heat a large non-stick pan and dry fry the mince in batches for 5-7 minutes, breaking up any clumps with the back of a spoon.

Add the vegetables and cook for 4-5 minutes.

Add the remaining ingredients and cook gently, uncovered for 20-25 minutes until fairly dry.

Use as required.

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