

Save Our Stomachs

ALL IN ONE MINCE SUPPER



If you're in a hurry and want the perfect dish to keep you warm on those cold winter nights then why not try making our wholesome mince supper. Serve with mixed steamed vegetables if you want to be really healthy.

This recipe serves 4-5 and takes 15-20 minutes to prepare and 25-30 minutes to cook.

Cooking equipment you will need:

- A non-stick frying pan
- A wooden spoon
- A chopping board
- A sharp knife
- A measuring jug
- A can opener
- A set of measuring spoons

Ingredients you will need:

- 500g mainstay mince (see original mainstay mince recipe)
- 4 rashers smoked bacon
- 2 sweet peppers (we used yellow or orange)
- 1 x 400g can chopped tomatoes with herbs
- 150ml pint good, hot beef or vegetable stock
- 10ml paprika powder
- 200-300g cooked rice (any variety)
- Extra chopped herbs, to garnish

To prepare your ingredients:

- Roughly chop the bacon
- Remove the seeds and chop the peppers
- Finely chop the herbs

Method:

Heat a large non-stick frying pan and cook the bacon for 1-2 minutes until lightly coloured. Add the peppers and cook for a further 3-4 minutes.

Add the mince sauce, chopped tomatoes, stock and paprika. Bring to the boil, turn down the heat and cook gently for 3-4 minutes.

Add the rice and cook for a further 3-4 minutes, or until the rice is hot.

Garnish with the herbs and serve immediately with a crisp salad.

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