



MEXICAN BEEF & BEAN BOWL

Ingredients (SERVES 6)

- Extra virgin olive oil
- 1 onion, peeled and diced
- 2 cloves garlic, crushed
- 500 grams beef mince
- 1 red capsicum, diced
- 1 medium zucchini, diced
- 1 medium carrot, diced
- 1 tablespoon salt-reduced tomato paste
- 2 teaspoons paprika
- 1 teaspoon ground cumin
- 1 can salt-reduced diced tomatoes
- ½ cup salt-reduced stock
- ½ can salt-reduced corn kernels
- 1 can salt-reduced black beans
- 1 cup cooked brown rice
- Shredded lettuce, to serve
- Chopped avocado, to serve
- Coriander, to serve

Instructions

1. Heat the oil in a large saucepan. Add the onion and cook for 2 minutes. Then add the garlic and stir.
2. Add the mince and break up with a spoon and cook until browned. Stir in the capsicum, zucchini and carrot and cook for another couple of minutes.
3. Stir in the tomato paste and spices. Then pour in the tomatoes and stock. Add the corn, black beans and cooked rice.
4. Simmer for 15 minutes. Serve topped with shredded lettuce, chopped avocado and coriander.



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