

## Quick & Easy Mince Recipes

Mince is always a great stand by to have on hand so you can whip up something quick and easy for the family. Here are two mince recipes that we love.

### BEEF TACOS



- 1 tblsp. olive oil
- 500gm beef mince
- 1 medium onion, finely chopped
- 1 sachet Taco seasoning
- 400gm tin crushed tomatoes
- 10 Taco shells
- Lettuce leaves, shredded
- 2 tomatoes, chopped
- 1 cup grated tasty cheese

1. Preheat oven to 180 degrees.
2. Heat oil in saucepan and fry onion and mince.
3. Add taco flavouring sachet. Cook and break up mince with back of wooden spoon.
4. Cook for 5 minutes or until mince is tender.
5. Add crushed tomatoes, cook, stirring occasionally, for 10 minutes.
6. Heat Taco shells following packet directions. They will keep their shape better if you heat with insert.
7. Serve mince, lettuce, tomato and cheese in separate bowls and let everyone make their own.

Variations: Serve with a dollop of sour cream mixed with chopped chives. Make your own flavouring – 2 tsp ground cumin, 2 tsp ground coriander, 1 tsp paprika, 1/4 tsp cayenne pepper.

## BOLOGNAISE SAUCE MIX

- 1 tbsp olive oil
- 500gm beef mince
- 1 onion, finely chopped
- 1 rasher of bacon, finely chopped
- 2 cloves garlic, crushed
- 100gm mushrooms, chopped
- 2 tblsp. tomato paste
- 400gm tin diced tomatoes
- 1/2 cup red wine
- 1 tblsp. chopped parsley

1. Heat oil and saute onion, bacon and garlic for 3 – 4 minutes until tender.
2. Add mince and cook 6 – 7 minutes until well browned. Break up mince as it cooks.
3. Add mushrooms and paste, cook 2 minutes.
4. Add tin tomatoes and wine, bring to simmering and cook for 10 – 15 minutes stirring occasionally.
5. Add a little water if needed. Season to taste and add parsley.

## BOLOGNAISE PIES

1. Mix 1 quantity of sauce mix with 1 cup frozen vegetables (or chopped fresh ones) and 100gm button mushrooms, quartered and sautéed.
2. Divide mixture between 4 heat proof ramekins. Brush edges of ramekins with water.
3. Cut a thawed puff pastry sheet into 4 and place over ramekins and pinch or fold edges. Cut cross in centre of pie. Brush with beaten egg.
4. Bake at 220 degrees for 15 – 20 minutes until pastry is crisp and golden brown.

## STUFFED EGGPLANT

1. Cut 2 eggplants in half, scoop flesh from eggplant leaving 1cm border. Chop flesh and combine with sauce mix and 200gm crumbled feta cheese.
2. Spoon mixture into eggplant shells, place on oven tray, sprinkle with grated tasty cheese, drizzle oil over.
3. Bake at 180 degrees for 50 minutes or until eggplant is tender.

Sprinkle with oregano to serve.

## **SPAGHETTI BOLOGNAISE**

Cook spaghetti, fettuccine or pasta of your choice and serve with bolognese sauce mix and freshly grated parmesan cheese.

## **LASAGNE**

I just make a white sauce with sliced mushrooms and cheese added, then layer this with the meat sauce and lasagna pasta as directions on packet give. Top with lots of grated tasty cheese and bake till cooked and lovely and brown.

## **SHEPHERDS PIE**

Place sauce mix in casserole dish and top with creamy mashed potato and grated cheese. Heat in oven till cheese melts.