

# FAMILY MINCE



Recipe serves

4-6 

Preparation and  
cooking time

30 minutes 



## Ingredients

500g minced meat (beef, lamb or kangaroo)

¼ cabbage, chopped or shredded

½ cup celery *or*  
green beans, cut into small pieces

1 onion *or*  
1 shallot, chopped

2 medium *or*  
1 large carrot, sliced or grated

1 tablespoon soy *or*  
Worcestershire *or*  
barbeque sauce

2 beef stock cubes (crushed) *or*  
2 dessert spoons beef stock powder

2 teaspoons curry powder  
(if you like)

1 tablespoon oil



## Method

- 1 Heat oil in a frying pan or an electric fry pan or a large saucepan. Add meat and chopped onion. Use moderate heat, cook until meat is brown.
- 2 Add all other ingredients, except cabbage. Simmer gently for 15 minutes.
- 3 Add cabbage, reduce heat to low and cook for 5 more minutes.
- 4 Serve with rice, pasta (wholemeal if possible), quick cooking noodles or toast.

## Ideas & Hints

- » Any vegetables can be used. Fresh, frozen, canned or cooked leftovers.
- » 1 teaspoon of Vegemite™, Marmite™ or Promite™ can be used instead of the beef cubes.
- » Use outside leaves of lettuce instead of cabbage. Wash well, shred and add just before serving.