

Mexican beef with kidney beans

Serves 4

Preparation time: 15 minutes

Cooking time: 25 minutes

2 tsp olive oil
1 onion, finely chopped
1 carrot, peeled, diced
2 garlic cloves, crushed
2 tsp ground paprika
1 tsp ground cumin
400g lean beef mince
3 large or 4 small vine ripened tomatoes, chopped
400g tin red kidney beans, rinsed and drained (reduced salt)
125ml (½ cup) salt reduced beef stock
1 zucchini, trimmed, diced
150g green beans, trimmed, sliced
680g (4 cups) steamed rice, to serve
1 avocado, sliced, to serve
Fresh coriander leaves, to serve



Heat the olive oil in a large saucepan over a medium heat. Add the onion and carrot and cook, stirring, for 5 minutes, or until softened. Add the garlic, paprika and cumin, cook stirring for 30 seconds or until fragrant. Add the mince and cook, breaking up mince with a wooden spoon for 4-5 minutes or until browned.

Add the tomatoes, kidney beans and stock and bring to the boil. Reduce heat to low and simmer for 10 minutes. Add zucchini and beans and simmer for 5 minutes more or until vegetables are tender. Season with pepper.

Serve beef mixture with the steamed rice, topped with the avocado and coriander.