

Mexican Mince

This recipe uses a combination of mince beef, fresh vegetables and authentic herbs, to create the perfect taste of Mexico. Served with cooked rice, this dish is a favourite with the children.



Influence: Mexico



Serves 10 children



42 minutes

INGREDIENTS

Oil, olive 30ml (1 ½ T)
 Onion, chopped 40g (½ medium)
 Garlic, chopped 5g (1 clove)
 Beef, mince, low-fat 500g (2 C)
 Tomato, diced, canned (no added salt or salt reduced) 400g (1 can)
 Capsicum, green or red, chopped 300g (3 large)
 Celery, chopped 30g (1 stick)
 Coriander, ground 1g (1 t)
 Cumin, ground 1g (1 t)
 Red kidney beans, tinned, drained 200g (1 C)
 Rice 300g (1 ½ C)

DIRECTIONS

1. Heat oil in a large fry pan and sauté onion, garlic and then add mince. Cook until brown.
2. Add celery, capsicum and cook until tender.
3. Add spices, kidney beans and tinned tomatoes.
4. Bring to boil and reduce to simmer for 10-15 minutes.
5. Serve with cooked rice.

Allergy Information

Contains: no common allergens.
Some soups contain gluten, wheat, and/or soy, and/or cow’s milk protein,
and/or egg.

Childcare RDI Calculator:

Fat	<div></div>	10 %
Vegetables	<div></div>	100 %
Meat/Alt*	<div></div>	120 %
Cereals	<div></div>	100 %
Dairy		0 %
Fruit		0 %

* meat = lean meats, poultry and fish; meat alternatives = eggs, tofu, nuts, seeds, legumes
and beans

This recipe is sourced from the Nourish Cookbook: The complete guide
for Food Coordinators in Education and Care Services