



Taco Mince with Black Beans or Lentils

Ingredients

- 1x medium onion finely diced
- 1 rib of celery finely diced
- 1x red pepper finely diced
- 1 medium carrot grated
- 1x garlic clove crushed
- 1-2 tblsp Taco spice (according to taste)
- Salt and pepper
- 300ml tomato passata
- 1 tin or cup of cooked black beans or 2 cups lentils
- 1kg Beef/Kudu/Ostrich mince

Instructions

- Fry diced onions in the olive oil until golden and translucent. TOP TIP: When frying the onions and it starts getting a bit hot just add a dash of water to slow things down, repeatedly if need be in this flavour building process.
- Add crushed garlic and keep stirring to fry, adding a dash of water if needed.
- Add celery and red pepper. Continue to stir until vegetables are softened and tender.
- Add mince and brown while stirring and breaking it up from the chunks to make sure it is all evenly cooking for about 15 minutes.
- Sprinkle over the Taco seasoning 1 tablespoon (you can add more later if you want it a little spicier)
- Stir everything together giving it a good mix. Add in the tomato passata and the black beans/lentils.
- Once it starts to bubble turn it down to a simmer and allow it to cook away for at least 30 minutes, just check its not sticking on the bottom.
- At some point taste and season to your liking.
- This mince can be served many ways: with rice and vegetables, with Tacos or Nacho's, salads, guacamole and grated cheese, even as Heuvos Rancheros with eggs for breakfast.

This is such a quick and easy recipe and works really nicely to cook in bulk for meal prep and freezing in batches.

You can also adapt the flavourings by swapping the Taco seasoning for Moroccan seasoning or Chinese 5 Spice.

Serve with 2 eggs for breakfast or lunch. Great as leftovers!