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GF Friendly

Beef Mince Stir-fry

An easy one-pan stir-fry with beef mince, vegetables and rice

This was another experiment which turned out well. The beef mince can be substituted for another type of meat, and the vegetables are a matter of choice, or whatever you have to hand – you will need about three cups in all, more if you wish to make the meal go further.

1 cup white rice
 1 rounded tsp beef stock powder
 water

200g beef mince
 ½ onion, quartered and sliced
 1 stick celery, sliced
 1 cup mushroom, halved and sliced
 1 cup of thinly sliced pumpkin
 1 carrot, peeled and thinly sliced
 1 cup of frozen peas and green beans
 1 rounded tsp beef stock powder
 1 Tbsp Soy sauce
 2 Tbsps sweet chilli sauce
 ½ tsp chilli powder or spices of choice
 salt & pepper (optional)
 1 Tbsp olive oil, or other



If using a cheaper grade of meat mince, cook it separately in a pan and drain off the fat; then rest on paper towel to remove remaining fat. Put the rice in a pan with the stock powder and sufficient water; then boil until softened. Flush with cold water and drain in a colander.

Warm the oil in a frying pan or wok along with any spices; then add the onion, celery and mushroom. Stir-fry for 5 minutes. Now add the rest of the vegies and stir-fry over a medium heat for a further 5 minutes. Next, put in the beef mince and continue to stir-fry, breaking up any lumps. Sprinkle on the stock powder, pour in the Soy and sweet chilli sauce, mix well and stir-fry until the vegies have softened to your liking. Finally, add the rice and stir-fry to re-heat.

Serves 4 - more with extra vegies and rice

okay to freeze

Tip: once the vegies and meat are cooked, the heat can be turned off and the pan covered until later when the rice can be added and the lot re-heated prior to serving.

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