SAVOURY MINCE

INGREDIENTS

1 medium brown onion
1-2 tablespoons of olive oil
500 grams mince beef
1 carrot
1 beetroot
1 medium zucchini
1 large potato
1 cup of a red cabbage cut up small
2 1/2 cups water
3 tablespoons of gravy powder
1 teaspoon paprika

METHOD

You will need to keep moving this around the pot so it doesn't stick to the bottom.

1. Dice the onion small.
2. Grate the carrot and beetroot.
3. Dice the potato, zucchini and red cabbage into small pieces.
4. In a large pot add the oil and the onions and cook until soft on medium heat, stir.
5. Add the mince beef and break up. Stir until cooked through.
6. Add the diced potato and water allow to cook for 5 mins.
7. Then add the carrot, beetroot, zucchini and red cabbage to the mince and continue cooking for 2-3 minutes.
8. Next add the gravy powder and paprika, remember to stir.
9. Cook on medium until the potato is soft. Keep stirring.

NOTE

If needed, add a little more water and cook for as long as you can.
The longer this cooks the better it tastes.