

Making Meat Go Further

Kia ora koutou,

Meat is a popular and valuable contributor to a nutritious, balanced diet for people of all ages. Many of us may have grown up eating meat every night, or even twice a day. Did you know that there are many benefits to eating less meat such as reducing your grocery bill, increasing fibre content of meals (by adding vegetables or legumes), consuming a wider variety of nutrients and increasing the flavour of meals by adding herbs and spices, garlic and lentils?

Many meals can be made without meat, or with a combination of meat and legumes (lentils, beans, peas). Legumes are a good source of protein, fibre, and iron and they are cheap, tasty, and convenient. Tinned lentils, beans, and chickpeas require no soaking or cooking prior to using, so they are a great swap for meat, or addition to any meat meal!

Bean, mince, and potato bake

- 6 medium potatoes, scrubbed, cut in 1cm slices
- 500g beef mince
- 1 teaspoon oil
- 1 onion, chopped
- 2 cloves garlic, chopped
- 420g can chilli beans
- 420g can baked beans (reduced sugar)
- 400g can chopped tomatoes
- 1/2 cup Edam cheese, grated

This recipe yield 6-8 serves.

Leftover dinner always makes a great lunch!

1. Preheat oven to 200°C.

2. Place potato slices in a saucepan of cold water and bring to the boil. Ensure slices are not stuck to each other. Boil gently for 4-5 minutes. Potato slices should be beginning to cook but still hold their shape. Drain slices gently and set aside.

3. While potatoes are cooking, prepare mince chilli bean filling. In a large pan, heat oil and fry mince until browned, add onion and garlic and cook until soft.

4. Add both cans of beans and chopped tomatoes. Mix well and simmer for 5 minutes, stirring frequently.

5. Spoon a third of the bean mixture in the bottom of an ovenproof dish. Arrange half of the potato slices in a layer over bean mixture. Continue to layer, finishing with a bean mixture.

6. Top with grated cheese. Bake in oven for 30 minutes. After 15 minutes, remove dish from oven and prick surface deeply all over with a fork. This allows heat and sauce to circulate through dish.

7. Return to oven for remaining 15 minutes. Serve with steamed vegetables, or add vegetables to the meat/ bean mixture.



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