

# Mince and Tatties

Yield: 4 min  
Total Time: 85 min

Recipe from: <https://www.recipeschoose.com/recipes/mexican-mince-and-beans-recipe>

## Ingredients:

- vegetable oil spray
- minced beef
- fat
- onions diced or minced using a mini chopper
- carrots
- celery
- garlic
- beef stock cube has to be Oxo Beef Cube!
- tomato paste just a smidge!
- Worcestershire sauce
- red wine or beer – this is totally optional and not traditional but adds flavour
- beef broth such as canned Beef Consommé or Knorr beef stockpot
- salt
- pepper
- flat leaf parsley optional but I do like a garnish!
- 2 tablespoons vegetable oil spray for SW version
- 450 pounds mince steak, or use lean ground beef for SW version
- 2 yellow onions finely diced or minced
- 2 carrots diced
- 1 celery stalk finely diced
- 2 tablespoons Worcestershire sauce
- 1 teaspoon tomato paste
- 1 teaspoon garlic paste or minced garlic
- 1 beef stock cube crumbled to a powder
- 4 tablespoons red wine or beer, optional!
- 2 cups canned beef broth or beef stock, Knorr Stockpots are a good option
- salt
- pepper
- flat leaf parsley unchecked?, to garnish, optional
- 5 potatoes large Maris Piper, peeled and cubed
- 1 teaspoon salt
- 2 tablespoons butter
- salt
- pepper