

## Savoury Mince

(serves 4 to 6)



### **Ingredients:**

1 kg beef mince  
2 large brown onions (peeled and diced small)  
1 small carrot (peeled and diced small)  
1 stick of celery  
2 ripe tomatoes (cored and chopped small)  
1 teaspoon vegemite  
Water  
100 ml olive oil  
½ cup gravy powder  
1 tbs tomato paste  
Salt and pepper

### **Method**

Heat up a pan with the oil on medium/high heat. Add the onions, celery and carrot and cook till the onions are translucent (clear and soft). Add the mince and cook till brown. Add in the tomatoes and a pinch of salt and pepper. Cook for a further 2 minutes and then add some water. Add just enough water to cover the food. Bring to the boil and add the vegemite and tomato paste and combine together with a whisk. Add a little water to the gravy powder; just enough to make a paste and add to the mince to thicken to the consistency you want. Cook out for 5 minutes, season and serve. Great with mashed potato and peas. You could also add pasta or rice with it.