

# HEALTHY MEAL RECIPES



## Baked potatoes with mince

### Ingredients (Serves 4)

- 4 baking potatoes
- 250g extra lean minced beef
- 1 small onion, finely chopped
- 1 garlic clove, crushed
- 100g mushrooms, finely chopped
- 100ml beef or vegetable stock
- 1 tablespoon tomato puree
- Watercress or shredded lettuce, sliced red onion and cherry tomatoes, to serve

### Equipment

Large saucepan, oven safe tin, knife and chopping board, measuring spoons.

### Method

1. Preheat the oven to 200°C, fan oven 180°C, gas mark 6.
2. Bake the potatoes for 1 hour, or until tender.
3. Meanwhile, make the mince filling. Heat a large saucepan and add the mince a handful at a time, so that it sears and browns. Add the onion and garlic, cook for 1 minute, then add the mushrooms, stock and tomato puree, stirring well. Heat and simmer, partially covered, for 20-25 minutes.
4. To serve, split the baked potatoes and share the filling between them. Serve with watercress or lettuce, sliced red onion and cherry tomatoes.

**Preparation time:** 15 minutes

**Cooking time:** 1 hour

Approximate cost for recipe: £3.56

Approximate cost per serving: 89p

### Handy hints

- Another time, use minced pork or turkey instead of beef.
- Kids not too keen on garlic? Simply leave it out.