

# Steve's Vege Mince

## INGREDIENTS

3 onions  
5 cloves garlic  
1kg mince  
1 - 2 tin tomato (or fresh diced)  
3 carrots  
1 zucchini  
1 whole celery (leaves included if you want)  
1 broccoli  
salt  
apple cider vinegar  
spices - Italian mix - (basil oregano sage)  
or - Mexican mix (cumin, coriander, paprika, oregano)



## METHOD

1. Dice the onions and garlic, fry in oil, once browned add the mince and brown. Once the mince is brown add the tomatoes (one tin for Mexican, two tins for Italian) and the herbs - taste as you go to get the right amounts - you will need a fair bit because this makes a lot of food!
2. Dice the carrots, zucchini, broccoli and celery and add to the pot.
3. Add salt and apple cider vinegar to taste as you go.
4. Cook until the whole thing is the right consistency, and looks like mince - about 20 mins

This makes a heap of vege mince that can be used in lots of different dishes. Freezes well for lunches or defrost and make a quick dinner. The best way to prepare the veges is to dice in a food processor or thermomix - the smaller the better

Serving suggestions:

- Mexican:

\*On corn chips with cheese jalapenos salsa and sour cream

\*On leaves with cherry tomatoes avocado and chili sauce

- Italian:

\*With olives on gluten free pasta or zucchini pasta

\*On toast with melted cheese

\*On roast veg

Both - frozen with olives or jalapenos