

Lamb Cowboy Beans

Serves 10

INGREDIENTS:

- 1 tbsp sunflower oil
- 250g lean lamb mince
- 1 medium onion, diced small
- 1 tsp garlic paste
- 1 carrot
- 1 leek or 2 celery sticks, diced small
- 1 courgette, diced small
- 2-3 tbsp tomato purée
- 1 x 400g tin mixed beans and pulses, rinsed and drained
- 1 x 400g tin baked beans, low salt and sugar
- 125ml vegetable or lamb stock
- 2 tsp Worcestershire sauce (optional)
- 2 tbsp brown sauce (optional)



METHOD:

1. Heat the oil in a pan and brown the mince, stirring to break it up for about 8-10 mins.
2. Add the onion and garlic and cook for 5 mins. Then, add the carrots, celery, and courgettes and cook for a further 5 mins. Add the tomato puree and cook for 2-3 more mins.
3. Add the remaining ingredients and mix well. Bring to the boil, then reduce the heat and simmer for a further 30-40 mins, stirring occasionally until the sauce has reduced and thickened.
4. Serve with couscous or boiled/mashed potato.

Allergens:

Gluten, Celery, Fish, Egg, Soya.

For a **vegetarian** option, substitute the meat with Quorn or soya mince. Adjust and cook accordingly. For a **vegan** option you can use a tin of black beans or green lentils.