

Good to Eat

Enjoy our series of quick, easy and delicious recipes to help you live the low carbohydrate lifestyle.

Mexican Mince

Ingredients

1 kg of beef mince
1 can crushed tomatoes
200 g of shredded cheese
1 cup (240 ml) sour cream
3 or 4 shallots, chopped
½ brown onion, finely chopped
1 capsicum, diced
2 tbs butter or olive oil for cooking.

Taco seasoning

2 tsp chili powder, mild
2 tsp paprika powder
1 tsp cumin powder
1 – 2 cloves garlic,
crushed
1 pinch cayenne pepper
1 tsp salt (optional)



Method

1. Preheat oven to 180 degrees C.
2. Melt butter (or heat oil) in a fry pan and fry the mince, add chopped onion, capsicum, taco seasoning and tomatoes.
3. Once the mixture is cooked through, place in a baking dish and sprinkle cheese on top.
4. Place in oven until cheese is golden brown.
5. Chop the shallots and mix with sour cream.
6. Serve with sour cream, guacamole (refer to sides recipe) and crepes (refer to sides recipe).



Preparation Time 10 minutes

Cooking Time: 15 minutes

Author: Based on Diet Doctor

Serves 4

For more recipes and information on living the low carbohydrate lifestyle find us at:

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