

# Meals with Mince

beef/lamb/pork/turkey



Buy mince in single/multiple quantities of 500g/1 lb. For each 500g you need 1sp salt to give good flavour. Add pepper to your liking and other herbs as you like.

For beef burgers/sausage meat/meat balls, add in finely chopped onion/leek/peppers (if tolerated). Mix until all swished together and mixture looks smooth. Pork goes well with sage and leek, beef with sage and onion, turkey with either leek/onion and apple and lamb with mint.

**Sausage meat:** Mix and press into a shallow baking dish. Cook for 30 mins Gas 5, 190C. 170 C. fan, or until juices run clear.

**Beef burgers:** Mix meat and form into balls. Place on a baking tray and flatten them with the palm of your hand. I find 1Kg cooks easier in the oven, but you could grill/ pan fry them.

**Sausages:** Mix meat. Pork goes well with sage and leek, Beef with sage and onion, turkey with either leek/onion and apple. Lamb with mint. Squeeze into sausage shapes and arrange on baking tray, or grill. Cook for 30 mins Gas 5, 200C. 180 C. fan, or until juices run clear.

**Meat balls:** Arrange into small balls and place on a baking tray, and cook.

**Stew:** Soften onion/mushrooms/leek in butter/other fat. Set aside. brown mince. Add onion etc. back in. Add stock. Add in other vegetables, like carrots, frozen peas. Season. Bring to boil. simmer for half an hour to an hour.

**Casserole:** As for stew, only once brought to the boil, transfer to a casserole dish and place in the oven - down low for longer, up higher for a shorter time.

**Meals in the skillet:** Soften onion/mushrooms then brown meat. Keep stirring until it all changes colour. Cook through until no pink meat showing. Add stock and herbs. Bring to boil and let flavours infuse for ten minutes. Serve.

**Pork Pie:** Needs more prep than the others. Ideal for when you have guests.

<http://eatbeautiful.net/2015/10/04/carrot-and-pork-pie-paleo-gaps-non-dairy/>