

Cowboy Hotpot

Ingredients:

Fry Light – low calorie spray
700g extra lean minced beef
2 onions, roughly chopped
400g carrots, peeled and thickly sliced
225g runner beans cut
700g medium waxy potatoes, thickly sliced
1.2L hot beef stock
4 tbsp tomato puree
2 425g cans of baked beans
A dash of Tabasco sauce
Salt and freshly ground black pepper
A large handful of chopped fresh parsley and chives

Method:

1. Place a large pan sprayed with fry light over a medium heat and fry the mince until browned
2. Add the onions, carrots, runner beans and potatoes and stir.
3. Add the stock and tomato puree, bring to the boil then turn the heat down and simmer gently for 30 minutes until the vegetables are tender.
4. Stir in the baked beans and Tabasco sauce and heat through and season.
5. Divide the mixture into bowls and serve with a sprinkle of fresh parsley and chives.