

More than 1 hour

Serves 4

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Ingredients:

- 1 onion, finely diced
- Oil
- 2 cloves garlic, crushed
- 2 tsp (10ml) dried origanum
- 2 tsp (10ml) ground cumin
- 300g beef and ostrich mince mix
- 1 can (400g) baked beans
- 1 can (410g) chopped tomatoes
- ½ cup (125ml) beef stock or water (optional)
- Salt and milled pepper
- 3 sweet potatoes, parboiled with skin on

Method

1. Preheat oven to 200°C.
2. Fry onion in a glug of oil until soft then add garlic, origanum and cumin.
3. Add mince and cook until browned, about 5 minutes.
4. Add beans and tomatoes and season to taste.
5. Cover and simmer over a low heat for 30 minutes or longer, if you have the time. Add a little beef stock or water if the mince becomes dry.
6. Thinly slice sweet potatoes.
7. Spoon mince into an ovenproof dish and neatly arrange sweet potato on top.
8. Drizzle with oil, season and bake for 20-25 minutes or until potato is golden and crispy.
9. Serve warm as is or with a side salad.

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