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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