

Real good ground beef

Chris Butler, 2006

Ingredients:

- ½ small pack of lean ground beef (0.5 kg)
- ½ onion, finely chopped
- ¼ green bell pepper
- ¼ red bell pepper
- Classico tomato sauce (half jar)
- 2 cloves of garlic, peeled, crushed (important)
- Olive oil
- V&H Soy sauce
- Ground black pepper
- Heinz tomato sauce (1 large squirt)

Brown onions in frying pan with olive oil. Add bell peppers, ground beef, ground black pepper and soy sauce (add until colour of beef changes). Cook for ~30 mins. Add garlic, keep warm on low heat to boil off excess water.

Enjoy with boiled potatoes and broccoli or my Shepherd's pie recipe.