

# November

## Cowboy Hotpot



Serves 4-6

Ready in 50 minutes

### Ingredients

450g lean beef mince

1 onion, sliced

1 red pepper, sliced

2 carrots, chopped

120g green beans, chopped

450g potatoes (we used new potatoes)

400g baked beans

200g tin sweetcorn

120g cheese, grated (preferably low fat)



Best  
Family  
Recipe

## Method

1. Preheat oven to 190°C, Gas Mark 5
2. Part boil the potatoes. Once softened but not falling apart, drain them and slice
3. Dry fry the mince, onion, pepper and carrot until softened and cooked through
4. Add the green beans, baked beans and sweetcorn. Bring to the boil then reduce the heat and simmer for 5 minutes
5. Transfer the mixture to an oven proof dish and cover with the sliced potatoes, and grated cheese, and cook for 30-40 minutes until golden brown and the potato is cooked



### Be a good role model!

As a parent, you are one of the most important influences in your child's life. Your attitudes and behaviour towards food will influence them. If you eat a healthy diet, not only will it help your weight and health, but it will also be positive for your child's health. If you tell your child to do something, make sure they can see you doing it too! How many times do you tell your child to eat well, but do not do it yourself?