



EON Foundation
Growing healthier communities

Beef and Pork Recipes

SPAGHETTI BOLOGNAISE SAUCE

THIS MEAL SERVES **TEN PEOPLE**



INGREDIENTS

- 1kg beef mince
- 2 onions
- 2 carrots
- 2 capsicums
- 2 eggplants
- 800g chopped tomatoes (fresh or tinned)
- 420g tin of corn kernels
- 1 tablespoon garlic
- 1 tablespoon tomato paste
- 1 tablespoon mixed herbs
- 1 tablespoon vegetable oil
- Water

SERVE WITH (OPTIONAL):
Salad, pasta, rice or bread

COOKING METHOD STEP BY STEP

1. Chop the onion into tiny pieces.
2. Coarsely grate the carrot.
3. Chop all other vegetables into small pieces or thin slices.
4. Heat the oil in a pot, add mince and fry until brown.
5. Drain the corn from the water in the tin.
6. Add the onions, carrots, capsicum, eggplant and corn into the pot and stir.
7. Add the tomatoes, garlic, tomato paste and mixed herbs and stir.
8. Add some water just to cover the top of the mince and simmer on low heat for 1 hour.
9. Serve with pasta, rice or bread.

THAI BEEF SALAD

THIS MEAL SERVES **EIGHT PEOPLE**



COOKING METHOD STEP BY STEP

1. Crush and finely chop garlic and ginger.
2. Put in a jar with all other dressing ingredients. Place lid on jar and shake until ingredients are thoroughly mixed.
3. Cut up all salad vegetables in slices or small pieces and place in layers on a large plate.
4. Sprinkle salt and pepper evenly over steak on both sides.
5. Heat oil in a pan. When oil is hot add the steak and cook on both sides. Cook the steak for 4 minutes on each side for it to be cooked medium. Cook for 5-6 minutes on each side if you want it well done. When the steak is ready, take it out of the pan and let it cool a bit. Then cut into small strips and place on top of salad.
6. Pour the dressing over salad and serve immediately.

INGREDIENTS

DRESSING

- 3 tablespoons lime juice (fresh or bottled)
- 2 tablespoons palm sugar (or normal sugar)
- 2 tablespoons fish sauce
- 4 teaspoons sesame oil
- 2 teaspoons soy sauce
- 4 teaspoons grated fresh ginger
- 2 cloves crushed/chopped garlic

MEAT

- 2 (about 1kg) beef rump steaks
- 1 tablespoon oil
- ½ teaspoon salt
- ½ teaspoon pepper

SALAD

- 400 grams of grape tomatoes or 8 large tomatoes
- 2 cucumbers
- 2 red onions
- 4 red chillies
- 2 bunches fresh mint
- 2 bunches fresh coriander
- 2 bunches basil
- 1 capsicum, any colour
- 1 iceberg lettuce
- 1 pack of Chang's crispy noodles (optional)

MOUSSAKA

THIS MEAL SERVES **SIX PEOPLE**



INGREDIENTS

- 1 kg of mince (lamb or beef)
- 1 large eggplant
- Pinch salt and pepper
- 2 tablespoons of butter
- 1 large onion
- 1 clove of garlic
- 1 can whole tomatoes (pureed/mashed)
- ½ teaspoon nutmeg
- 1-2 tablespoons oil for frying
- ½ cup beef stock (from a carton or made with water and beef stock cube)
- ½ cup (self raising/plain) flour
- ⅔ cup grated cheese
- 2 cups milk

Add any other veggies you have (Carrot, peas, corn, zucchini etc)

SERVE WITH (OPTIONAL): Salad

COOKING METHOD STEP BY STEP

1. Melt butter in a saucepan.
2. Whisk in flour, nutmeg, salt and pepper, until paste is formed.
3. Add 2 cups of milk, whisk until sauce thickens.
4. Cut eggplant into 1 cm cubes. Fry eggplant in a small amount of oil or bake in oven until golden and set aside.
5. Heat oil in large pan, add meat, chopped onion and crushed/chopped garlic.
6. When meat is brown, add the tomatoes, beef stock, salt, pepper and nutmeg.
7. Add any other veggies (e.g. carrot, peas, corn, zucchini etc) and bring mixture to boil, then leave to simmer until watery sauce has somewhat evaporated and thickened (between 5 to 10 minutes).
8. Get a deep tray or oven dish and spread eggplant all over base of the tray.
9. Spoon over the meat sauce, then spread white sauce evenly over top of meat.
10. Sprinkle cheese on top.
11. Bake in hot oven for 20 mins or until golden brown.
12. Serve with a garden salad.

BEEF AND PORK MEALS

CHOW MEIN

THIS MEAL SERVES **SIX PEOPLE**



INGREDIENTS

- 1 small onion
- 500g minced meat (beef or pork)
- 2 tablespoons oil
- Half green cabbage
(or whatever veggies are in the garden)
- 2 tablespoons rice
- 1 teaspoon curry powder
- 2 packets chicken noodle soup
- Large handful of fresh beans or frozen beans
- 2 ½ cups of water

SERVE WITH (OPTIONAL):

Rice

COOKING METHOD STEP BY STEP

1. Brown minced meat in oil on a medium heat in pan and then add all the other ingredients.
2. Stir with a fork occasionally and cook for 20 minutes.
3. Serve with rice.

BEEF AND PORK MEALS

TACOS

THIS MEAL SERVES **EIGHT PEOPLE**



INGREDIENTS

- 2 tablespoons oil
- 2 small onions or 1 large onion
- 500g mince meat (chicken, beef or pork)
- 1 can red kidney beans
- 1 can refried beans
- 1 chilli
- 2 packets taco season mix (35g each)
- ½ cup water
- 1 cup taco sauce
- 16 taco shells
- 2 large tomatoes
- 8 lettuce leaves
- 2 cups grated cheddar cheese
- 1 avocado
- 1 tub sour cream

COOKING METHOD STEP BY STEP

1. Pre heat oven to 160° C.
2. Heat oil in fry pan, add chopped onion, cook until onion soft.
3. Add mince and cook until brown, breaking up any lumps of meat as it cooks.
4. Add kidney and refried beans, seasoning mix, water and taco sauce, and stir until mixture thickens.
5. Put taco shells upside down so that the "curve" of the taco shell is facing up on an oven tray and warm them in the oven for 5 minutes. Do not burn!
6. Slice up all other vegetables finely.
7. Layer the tacos with the mince mix, shredded lettuce leaves, cut tomatoes, cheese, avocado and sour cream, layered in the taco shell.