

# MINCED BEEF-TOMATO SAUCE WITH UNPOLISHED RICE AND GREEN BEANS

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2 persons / 558 kcal per person

## Ingredients:

- 1 red bell pepper
- 100 grams of carrot
- 1 clove of garlic
- 1 medium onion
- 1 tablespoon of olive oil
- 1 teaspoon of paprika powder mild
- 150 grams of lean minced beef
- 400 grams of canned tomatoes
- 50 ml tap water
- 130 grams of unpolished rice
- 200 grams of broken green beans
- 20 grams of arugula
- pepper and salt



## Preparation:

Peel the carrot and cut into ½ cm cubes. Cut the bell pepper into cubes as well. Finely chop the garlic and chop the onion. Heat the oil in a frying pan and fry the carrots, bell pepper, garlic, onion and paprika powder for 3 minutes over medium heat. Add the minced beef and fry for 3 minutes until golden brown and loose. Add the tomatoes and water and bring to the boil. Reduce heat and simmer for 15 minutes. Season with pepper and salt if desired. Stir frequently. Meanwhile, cook the rice according to the directions on the package. Boil the green beans for 8-10 minutes. Drain and rinse under cold running water. Mix with the arugula and season with pepper. Serve the minced meat tomato sauce with the brown rice and green beans.

## Nutritional value per person:

Energy:	558 kcal
Protein:	25.1 grams
Carbohydrates:	71.1 grams
- including sugars:	14.8 grams
Fat:	17.2 grams
Fiber:	11.7 grams
Salt:	1.2 grams