



Although this was incredibly health and had very little fat in it, we both thought it lacked something. It would have been great with low cost 20% fat Beef Mince. Or half a block of Lard!!!!!! Joking aside, Turkey Mince is difficult to flavour because there's so little fat to bond the Oil based flavours to. But it was OK and really inexpensive.

Ingredients:-

500g of Turkey Mince (Use Beef or Pork, it'll be better!)

1 Onion, diced

2 Cloves of Garlic, minced

2 Green Chillies, sliced

2 Carrots, roughly sliced

2 Stick of Celery, diced

1 Can of Chickpeas, drained and rinsed

200ml of Chicken Stock

1 Can of Chopped Tomatoes

1 Tsp of Turmeric

1 Tsp of Paprika

½ Tsp of Ground Coriander

2 Bay Leaves

¼ Tsp of Chilli Flakes

Salt & Pepper to season

Chopped fresh Parsley to garnish

Oil to fry

Method:-

- (1) In a pan with a little Oil fry the Mince to break in down a little.
- (2) Add to the Slow Cooker.
- (3) In the same pan add the Onions, Garlic, Carrots & Celery and fry until softened.
- (4) Season with Salt & Pepper.
- (5) Add to the Slow Cooker with the Tomatoes, Chickpeas, Stock and Spices.
- (6) Cook on High for 4 hours.
- (7) Remove the Bay Leaves before serving.

Sue cobbled together some (Gluten free) Garlic Bread slims to dip. At least there was a bit of fat in those. We're never going to be lean are we?!