

CLASSIC BEEF, GARLIC AND HERB HOTPOT

HEALTHY



Serves 6



Prep Time 20 minutes



Cook Time 1 hour 50 minutes



INGREDIENTS

- 1 Tbsp Gregg's Garlic and Herb Sea Salt
- 3 Tbsp flour
- 750 g beef blade steak, trimmed and cut into 3-4cm pieces
- 1 red onion, finely sliced
- 2 stalks celery, sliced

METHOD

1. Preheat oven to 170°C.
2. Combine Gregg's Garlic and Herb Sea Salt with flour, mix well, toss beef pieces in seasoned flour.

- 1 capsicum, deseeded and diced
- 1 bay leaf
- 420 g can **Wattie's Condensed Extra Rich and Thick Tomato Soup**

3. Heat a dash of oil in a non-stick frying pan, brown beef pieces, turning once. This is best done in 2-3 batches.

4. Place the browned beef in a casserole dish, add red onion, celery, capsicum and bay leaf. Pour over **Wattie's Condensed Extra Rich and Thick Tomato Soup** with 1 can water, stir to combine.

5. Cover and cook for 1 1/2 - 2 hours or until the beef is tender. Season with pepper, garnish with parsley and serve with mashed potatoes seasoned with a little **Gregg's Garlic and Herb Sea Salt**.