

WINTER BEEF CASSEROLE

HEALTHY
PICK



Serves 6



Prep Time 20 minutes



Cook Time 1 1/2 - 2 hours



INGREDIENTS

- 750g lean stewing beef (chuck or blade steak)
- 2 Tbsp flour, seasoned with salt and pepper
- 2 onions, peeled and roughly chopped
- 2 stalks celery, chopped

METHOD

1. Preheat the oven to 160°C
2. Trim the meat of any extra fat and cut into 3cm pieces. Toss the meat in the seasoned flour.
3. Heat a dash of oil in a frying pan and quickly brown the meat over a high heat. This is best done in 2 or 3 batches.

- 1 carrot, peeled and chopped
- 250g button mushrooms, halved
- ½ cup **Wattie's Tomato Sauce**
- 2 Tbsp **Lea & Perrins Worcestershire Sauce**
- 1 ½ cup salt reduced beef stock
- chopped parsley to garnish

Transfer meat to a casserole dish. Add the onions, celery, carrot and mushrooms to the frying pan and cook over medium heat for 2-3 minutes. Add to the meat.

4. Blend together any remaining seasoned flour with **Wattie's Tomato Sauce**, **Lea & Perrins Worcestershire Sauce** and beef stock. Pour into the frying pan and stir while bringing to the boil. Pour over the meat and vegetables. Cover and cook for 1 ½ - 2 hours until the meat is tender. Serve with mashed potato and your favourite winter greens.

Slow Cooker Instructions:

1. Place the browned meat into a pre-heated casserole. Add the prepared vegetables. Blend the remaining seasoned flour, tomato sauce, Lea & Perrins and beef stock together. Pour over the meat and vegetables. Cover. Cook on low for 6-7 hours.