

# BEEF STEW

This is a base recipe that you can play around with. This is perfect for a cheaper cut of meat and will taste better the second day. This one has more of an Italian influence, but you could go any way you like!

Makes 4 serves - Per Serve Calories 347, Fat: 9g, Carbohydrates: 18g, Protein: 40g

## INGREDIENTS

750g of blade or chuck steak cut in cubes (any cheap cut for slow cooking)

1 tablespoon of flour

Salt and pepper

1 tablespoon of olive oil

1 onion diced

2 cloves of garlic

3 cups of diced veggies - I used carrot, capsicum, mushrooms and sweet potato. Frozen beans, peas and/or carrots would work well.

1 cup of tomato passata

1 tablespoon of spaghetti Bolognese herb mix

1 can of tomatoes or 3 large tomatoes diced

1 cup of chicken broth (I used the poaching liquid from cooking some chicken breasts)

## DIRECTIONS

1. Place the cubed beef, flour, salt and pepper in a bag and shake to coat the steak
2. Gently cook the onion and garlic in the olive oil – I used a dutch oven for this, so that I could finish it in the oven
3. Once the onion is transparent add the herb mix and the steak to the pan and stir, cook gently for a few minutes
4. Add the veggies to the pan stir and cook for a few more minutes
5. Add the passata and canned tomato, stir well
6. Add the chicken broth, if very thick add more broth
7. Bring pan to a simmer, if oven safe place in an oven at 170C and finish cooking (30 – 45 minutes)
8. Serve with steamed broccoli and potatoes