

Hearty Beef Stew

We all love a hearty stew to warm us up in the colder months. Serve with Bread or Roasted Root Vegetables, the recipes for these are available on our website. Everything is cooked in one pot, so there is less washing up!



Sulphites*

Nutritional information per portion (340g):

Energy	Fat	Saturates	Sugars	Salt
926kJ 220kcal 11%	8.4g 12%	2.1g 11%	5.7g 6%	0.47g 8%

of an adult's reference intake.
Typical values per 100g: energy 272kJ/65kcal.

Equipment

Weighing scales
Vegetable peeler
Chopping board
Sharp knife
Garlic press
Large ovenproof
saucepan with lid
Wooden spoon
Measuring spoons
Can opener
Measuring jug
Oven gloves

Ingredients

Serves 4-6
1 large potato
1 large onion
2 carrots
2 cloves garlic
1 x 15ml spoon
vegetable oil
400g diced casserole beef
(you can use braising or
stewing steak but this
may take longer than an
hour to cook)
1 x 400g can chopped
tomatoes
1 x 15ml spoon tomato
purée
1 x 400g can cooked
chickpeas
300ml water
1 x 5ml spoon dried
mixed herbs
Black pepper (optional)
Sprig of fresh rosemary
1 bay leaf

*Presence of allergens can vary by brand – always check product labels. If you serve food outside the home you must make allergen information available when asked.



Top Tip

- Make sure you take out the bay leaf before serving.

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Method

1. Preheat the oven to 180°C/160°C fan or gas mark 4.
2. Wash and peel the potato and carrots. Chop the carrots into 1cm slices and the potato into 2cm pieces.
3. Peel and finely chop the onion.
4. Crush the garlic cloves. Finely chop the rosemary.
5. Heat the oil in the large saucepan and add the crushed garlic and chopped onion.
6. Add the diced beef and stir until the beef is brown.
7. Add the chopped potato and carrots and cook for 5–10 minutes stirring regularly.
8. Add the chopped tomatoes, tomato purée, drained chickpeas, water, black pepper to taste (if using) and herbs.
9. Bring to the boil. Place the lid on the saucepan and place in the middle shelf of the oven for 1 hour. Stir occasionally.

Something to try next time

- If you have more time you can turn the oven down to 160°C/140°C fan or gas mark 3 and cook for around 2 hours. The slower you cook the stew, the more tender the meat will taste.

Prepare now, eat later

- As the stew takes at least 1 hour to cook (plus chopping and preparation time) you can prepare the stew in advance and refrigerate for 24 hours and then cook as per the recipe.

Skills used include:

Weighing, measuring, peeling, chopping, crushing, boiling/simmering, frying and baking.