



eatwise

Slow-cooked beef, bean and vegetable casserole (serves 4)

This is a slow-cooked, tasty stew, very easy to prepare and good for cooking in bulk and freezing. Beans provide protein from vegetable source so you can cut down on meat consumption and increase much-needed fibre for a healthy gut! The spinach is added at the end to keep it fresh and green.

300g diced stewing beef, trimmed of fat

1tbsp olive oil

1 large onion, peeled and chopped

2-3 sticks celery, sliced

2-3 carrots, peeled & sliced

2 cloves garlic, peeled and crushed

400g tin butter beans, drained

½ tsp dried herbs (or 1tbsp fresh)

½ beef stock cube in 250ml water

1 tin chopped tomatoes

½-1 tbsp tomato puree

250g washed spinach

Sea salt & ground black pepper to taste

1. Prepare all the vegetables
2. Heat the oil in a large pan or wok and add the onions, stir fry for a couple of minutes then add beef and stir over high heat until 'sealed' (changed colour).
3. Reduce the heat a bit, add celery, carrots & garlic, stirring until all is well mixed.
4. Add beans, herbs, stock, tin of tomatoes and tomato puree. Allow to come to a gentle simmer. Taste the sauce, add salt & pepper if you like.
5. Make sure the pot is well covered – if you don't have a well-fitting lid tuck some greaseproof paper around directly on top of the stew then a double layer of foil (or a well-fitting lid). Cook in slow cooker (or in the oven at 150°C) for 2 to 3 hours until meat and vegetables are tender.
6. Stir in spinach when you are ready to serve, it just needs a couple of minutes to 'wilt' in the hot casserole.