



## BEEF CASSEROLE



Serves 2  
Calories 445

### Ingredients

- 250g stewing beef
- 500ml beef stock made with 1 stock cube
- 2 carrots, roughly chopped
- 1 onion, roughly chopped
- 2 celery sticks, roughly chopped
- 200g turnip (1/2 turnip), diced
- 1 tbsp plain flour
- 1 tbsp tomato puree
- 1 bay leaf
- 250g potatoes, peeled and halved
- 1 tbsp chopped fresh thyme
- 1 1/2 tsp dried thyme
- 1 tbsp rapeseed oil
- 1/4 tsp salt

### Method

Mix flour, salt and dried thyme in a bowl

Add the beef and toss until evenly coated

Add half the oil to a pan on high heat

Add beef and cook until browned

Remove beef from pan and set aside

To the same pan add remaining oil and chopped vegetables on medium - high heat and cook until softened



Add back in the browned meat and add the stock, tomato puree, bay leaf and fresh thyme

Bring to the boil and reduce heat to a gentle simmer

Add in peeled and chopped potatoes

Cover and cook for 90 minutes or until beef is tender