Beef Stew
RECIPE

Beef Stew



TIME	145 mins
INGREDIENTS	12 items
MAKES	2 servings

This beef stew is great for a night in. The slow cooking makes the beef tender and the rich sauce is delicious with rice!

INGREDIENTS

- Ben's Original™ Golden Vegetable Microwave Rice 220g
- 1tbsp Vegetable Oil 300g Stewing Beef, diced
- 1 White Onion, roughly chopped
- 2 Celery Sticks, roughly chopped
- 1 Large Carrot, sliced
- 1 sprig of Fresh Thyme
- 1 Bay Leaf
- 1tbsp Plain Flour
- 1tbsp Tomato Puree
- 1tbsp Worcestershire Sauce
- 1 Beef Stock Cube

- Small handful of Fresh Parsley, roughly chopped

INSTRUCTION

1. Pre-heat the oven to 160C. Heat the oil in a casserole pan on a medium heat. Add the diced beef to seal. When brown, remove from the pan onto a plate.
2. Add the onion, celery, carrot, thyme and bay leaf into the pan and soften for 10 minutes, or until the onions are translucent.
3. Stir in the flour until fully coating the vegetables and cook off for 2 minutes. Then add the tomato puree, Worcestershire sauce and beef stock cube.
4. Stir in 400ml of hot water, then add the beef back into the pan. Bring to the boil then turn off the heat and cover the pan with a lid.
5. Place in the oven for 2 hours until the meat is tender and the sauce reduced. Remove from the oven and heat your Ben's Original™ rice pack according to pack instructions. Sprinkle chopped parsley over the stew and serve.

NUTRITION

Amount Per Serving

- Carbohydrates (g) 16.2
- Cholesterol(mg) 135
- Dietary Fiber (g) 4.1
- Energy (kJ) 1828
- Protein (g) 49.5
- Sugars (g) 8.9
- Total Fat (g) 18.3
- Saturated Fat (g) 6
- Salt(g) 1.37
- Sodium (mg) 548
- Trans Fat(g) 0.5

Categories:

Beef, 45 MIN +, Golden Vegetable, Bake, One pot wonders, Easy family dinners

MORE RECIPES LIKE THIS



Stuffed Peppers

Cooking time

30 mins

Ingredients

11 items



Spanish Style Rice

Cooking time

40 mins

Ingredients

13 items



Herby Chicken with Pesto

Cooking time

40 mins

Ingredients

12 items

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