

Serves **6** Beef and Vegetable Stew

Ingredients

1 tsp rapeseed/olive oil	500mls reduced salt beef stock
1 onion, chopped/sliced	400g stewing beef cubed
200g carrots, peeled and sliced	1 clove garlic, chopped
2 sprigs thyme	200g Parsnips, peeled and roughly chopped
200g sweet potato, cleaned and roughly chopped	500mls hot water

Method

- 1 Heat the oil in a large saucepan or casserole dish, then cook the beef on high for 5 minutes, until browned. Remove the beef with a slotted spoon and set aside.
- 2 Add the onion and cook gently for 5 minutes, or until softened. Add the garlic, thyme and vegetables to the pan and cook for a further few minutes, to start to soften the vegetables. Season with black pepper.

TIP: *If you don't like (or haven't got) one of the vegetables, then swap it for another, such as swede instead of parsnip.*

- 3 Add the beef, stock and water to the pan and bring to the boil.

TIP: *If you have a slow cooker, this would be a great time to use it! Just place everything in at this point and leave to cook. Dinner can be ready when you get home from work!*

- 4 Cover and simmer for 2 hours, stirring occasionally.
- 5 Serve with green vegetables such as cabbage or broccoli to make this a balanced dish.

TIP: *You can make the stew in advance or make double the quantity and freeze in batches. Just remember to thaw it fully and make sure it's steaming hot before serving.*