

Beef casserole with beans

Serves: 6

Prep time: 15 mins

Cooking time: 135 mins



Ingredients

650g beef chuck or gravy steak, fat trimmed, cut into 4cm pieces
2 tbsp wholemeal flour
2 tbsp olive oil
1 large onion, roughly chopped
2 medium carrots, cut into 2cm pieces
2 celery sticks, thickly sliced
4 garlic cloves, finely chopped
2 cups reduced-salt beef stock
3 medium potatoes, peeled, quartered
400g can cannellini beans, rinsed and drained
2 tbsp no-added-salt tomato paste
1 tbsp Worcestershire sauce
3 bay leaves
1 tsp dried thyme leaves

Step 1: Preheat the oven to 160°C. Put the beef in a large bowl and season with pepper. Add flour and toss to coat. Heat 2 teaspoons oil in a large Dutch oven pot or flameproof casserole dish over medium-high heat. Cook half the beef, turning, for 3-4 minutes, until browned on all sides (the beef shouldn't be cooked through at this point). Transfer to a plate. Repeat with another 2 teaspoons oil and the remaining beef.

Step 2: Add the remaining oil, onion, carrot, celery and garlic to the same pot and cook, stirring occasionally, for 2-3 minutes, until slightly softened.

Step 3: Add the stock, potatoes, beans, tomato paste, Worcestershire sauce, bay leaves and thyme and stir to combine. Bring to a simmer and stir through the reserved beef (with any juices).

Step 4: Cover with lid and transfer to the oven. Cook the casserole for 1 hour. Gently stir the casserole and return to the oven for 1 more hour or until the beef is very tender and the sauce has thickened.

Step 5: Remove from oven and discard the bay leaves. Divide among serving bowls and serve.

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