



Weekly Recipe

Beef and Gravy Casserole



Difficulty; Easy

Prep time 10 min

Cooking time 1 hr 40 min.

Serves 4.

Ingredients

1 1/2 tbs olive oil
750g beef chuck steak, cubed
1 brown onion chopped
2 carrot coarsely chopped
5 mushrooms quartered

7 green beans thickly sliced
2 cups Beef Style Liquid Stock
2 tbs tomato paste
1 tsp gravy powder

Method:

1. Heat oil in a large frying pan over high heat. Add onion and cook until browned
2. Add beef and cook until browned.
3. Reduce heat and add remaining ingredients.
4. Bring to the boil. Reduce heat to a simmer and cover.
5. Cook for 1 to 1 ½ hours, or until meat is tender.

You can serve this over creamy mash or with some warm crusty bread