

# One Pot Beef

**SERVES 4**

TOTAL FAT **13g** | SATURATED FAT **3g** | CARBOHYDRATE **44g**

NZ MasterChef winner Brett McGregor's dish has bundles of flavour without using high-sugar, carb-laden ready-made sauces.



**INGREDIENTS**

- |   |                                     |
|---|-------------------------------------|
| 1 Tbsp oil  | 200ml water                         |
| 1 onion, peeled and diced                         | 500ml beef stock (salt reduced)     |
| 2 cloves garlic, peeled and sliced                | 2 carrots, peeled and sliced thinly |
| 500g lean stewing beef, cut into chunks           | 2 cups of beans, fresh or frozen    |
| 2 Tbsp plain flour, seasoned with salt and pepper | Salt                                |
| 1 can chopped tomatoes                            | Ground black pepper                 |
| 1 bay leaf  | 2 x 400g cans of red kidney beans   |
| 1 Tbsp dried thyme                                | 300g frozen peas, steamed to serve  |

**METHOD**

Heat 1 Tbsp of oil in a large frying pan and fry onions and garlic until lightly browned. Transfer to the casserole dish.

Toss beef in the seasoned flour, shake off any excess. Brown beef in batches, transferring to the casserole dish when coloured.

Pre-heat oven to 160°C.

Pour tomatoes and herbs into the pan to deglaze it, then tip into the casserole dish along with water and stock to cover. Season, bring to a boil then reduce to a very gentle simmer. Add carrots, combine and pour over the casserole ingredients and put on the lid.

Place in the oven for 90 minutes, until the meat is soft and tender, and the vegetables are beautifully cooked through but still holding their shape.

Serve up with mashed kidney beans, seasoned with a squeeze of lemon juice, ground black pepper and gently warmed in the microwave.



**TIPS**

**Top up your vegie count** by adding sliced courgette, capsicum, celery, eggplant, mushrooms – and any other leafy veges that you like.

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