



The Gathered Green

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TENDER BEEF AND VEGETABLE CASSEROLE

This is a recipe of mine which uses up left over veggies and is even better reheated. I have listed some examples of vegetables to include but use your imagination and what you have at hand - exact quantities of vegetables do not matter. Thank you to dreamstime.com for the picture.

Serves 4-6

Ingredients

- 2 tablespoons melted coconut oil (or olive oil)
- 1 large onion, diced or 1 large leek, sliced.
- 2 cloves garlic, crushed
- 1kg of lean diced beef
- 1 sweet potato, diced
- 2 carrots, diced
- 1 zucchini, diced
- 1/2 broccoli divided into florets
- 1 can of chopped tomatoes
- 1 sachet of tomato paste
- 2 tablespoons seeded mustard
- 1/2 tablespoon of coconut sugar or maple syrup.
- 2 cups of beef stock (additive free)
- 2 tablespoons balsamic vinegar
- 1 small bunch fresh herbs roughly chopped (thyme or oregano)
- 1 handful parsley finely chopped
- Rock salt and black pepper to taste





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Method

In a large stainless steel pot (or one which can be heated on stovetop), heat oil on stove top.

Cook onion/leek and garlic until soft.

Brown the beef (you may need to do this in small batches to ensure meat does not stew).

Add all vegetables and chopped herbs to pot/dish

Add tinned tomatoes, tomato paste, stock, seeded mustard, apple cider vinegar, coconut sugar.

Ensure there is enough liquid to almost cover contents of the pot/dish. Reduce heat, cover pot with a lid and allow casserole to simmer for approximately 2 hours to ensure beef is nice and tender. Check and stir casserole every 30 minutes and add more stock if contents looks very dry (*Note: If pot and lid are both ovenproof, they can be put in a slow oven (160 degrees Celsius) for 2 hours instead of stovetop. Stir occasionally and add more stock if too dry.*)

Remove lid and simmer for approximately 30 minutes or until casserole liquid has reduced to the preferred consistency.

Add rock salt and black pepper to taste.

Sprinkle with chopped parsley.

Serve with cooked quinoa or steamed brown rice and steamed spinach.

Enjoy!

Jane

