

Beef Casserole



Ingredients

1 onion, peeled and finely chopped
1 ½ tablespoons vegetable oil
225 g stewing steak, cut into chunks
2 carrots peeled and sliced
2 medium potatoes, peeled and cut into chunks
4-6 broccoli pieces
1 tablespoon of chopped parsley
450ml salt reduced chicken or beef stock

Method

1. Preheat oven 180 degrees
2. Heat oil in saucepan over medium to high heat. Lightly cook the onion to golden.
3. Add beef and cook until brown.
4. Place meat, onions, vegetables and stock into casserole dish with a lid.
5. Place in a pre-heated oven and cook until meat is really tender. Add extra stock if required.
6. Add broccoli and cook for another 10 mins.
7. Sprinkle with parsley and serve.