

Slow-cooked winter veggie & beef casserole



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Preparation 25 mins | Cooking 3 hours 15 mins | Serves 6

2 tbs olive oil
2 tbs plain flour
750g shin of beef or gravy beef, cut into 4cm pieces
2 red onions, cut into thin wedges
2 garlic cloves, peeled
2 small (about 450g) swedes, peeled and cut into chunks
2 carrots, peeled and cut into 3cm pieces
5 sprigs fresh thyme
½ cup dry red wine
2 cups beef stock
Crusty bread, to serve

STEP 1 Preheat oven to 160°C/140°C. Heat 1 tbs oil in a flameproof casserole pan over medium-high heat. Toss beef in seasoned flour and brown beef in 2 batches. Transfer to a plate.

STEP 2 Add onions, garlic, swedes and carrots to pan and cook, stirring often, for 5 minutes. Add wine and bring to the boil. Cook for 1 minute. Add thyme, bay leaf and stock. Cover and bring to the boil.

STEP 3 Return beef to the pan. Cover with a tight-fitting lid and bake in the oven for 3 hours or until beef is very tender. Serve with crusty bread.

Good for you... **SWEDES**

A good source of vitamin C, a vitamin needed to keep blood vessels throughout the body in a healthy condition. A good source of dietary fibre, which helps the intestine get rid of waste products. Provides potassium which helps balance the effects of sodium from excess salt in the daily diet.

