

# Winter vegetable & beef casserole



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**Preparation:** about 25 minutes  
**Cooking:** about 3 hours 20 minutes  
**Serves:** 6

1kg beef chuck steak, trimmed and cut into 3cm cubes  
2 tbs plain flour  
¼ cup olive oil  
8 eschalots, peeled  
2 garlic cloves, crushed  
2 carrots, peeled and cut into 3cm pieces  
2 celery sticks, sliced  
1 swede, peeled and cut into chunks  
2 parsnips, peeled and cut into chunks  
1 cup dry red wine  
2 cups beef stock  
400g can diced tomatoes  
5 sprigs thyme  
1 cinnamon stick  
Salt and ground black pepper  
Crusty bread or mashed potatoes, to serve

1. Preheat oven to 160°C. Lightly dust beef in flour. Heat 2 tbs oil in a large wide-based casserole pan over medium heat. Brown beef in batches. Transfer to a plate.
2. Heat remaining oil in pan over medium heat. Add eschalots and cook, tossing occasionally, for 3 minutes. Add garlic, carrots, celery, swede and parsnips and cook, stirring often, for 5 minutes.
3. Add wine and simmer for 2 minutes. Add stock, tomatoes, thyme and cinnamon stick. Stir to combine and bring to the boil. Cover and bake, stirring occasionally, for 3 hours. Season with salt and pepper to taste. Serve with crusty bread or mashed potatoes.



### Swede

- An excellent 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 keep the intestine functioning well.
- Provides some potassium which helps balance the effects of sodium from excess salt in the daily diet.