

**GF Friendly**

## Pepper Steak Pie

### A rich beef-steak stew with mashed potato topping

Because this is stewed before baking, a cheaper cut of beef can be used; or another meat such as lamb or pork can be substituted. The vegies are your choice.

200g diced budget beef steak  
 450g potatoes  
 ½ onion, coarsely chopped  
 2 cups diced vegetables  
 1 beef Oxo cube or other  
 ¼ tsp mixed black and white pepper  
 1 tsp beef stock powder  
 ½ tsp salt (optional)  
 ½ tsp sugar  
 1½ Tbsps brown gravy powder  
 1½ - 2 cups water



The steak and vegetables should be diced or sliced no thicker than 1.5cm (½ inch). Put these in a medium-size pan along with the onion, stock cube and powder, pepper, sugar and salt (if using). Pour in sufficient water to cover and stir well. Bring to the boil, then turn down to simmer partially covered for 45 minutes. Stir occasionally and add more water if necessary to avoid drying out. Allow this to cool slightly before mixing in the gravy powder; then bring back to the boil, stirring constantly until thickened.

Boil the potatoes and mash with **a little milk** to make them creamy. Once the beef stew is cooked, use a strainer spoon to divide the solids into two oven-proof ramekins or a pie dish. Add a little leftover gravy mix if too dry. Top with mashed potato and make a hole or two to let the steam escape.

Place on a tray lined with baking paper and cook in an oven pre-heated to 160°C fan-forced (175°C conventional) for 30 minutes.

Serves 2, or more with extra vegies

**Tip:** any gravy not used can be sealed in a container and frozen for later.

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