

**GF Friendly**

**Rich Beef Casserole**

**Slow-cooked beef and vegetable casserole**

Depending on the number of ingredients, casseroles do take a while to prepare, but once in the oven the resident cook can take time out for a bit.

- 400-500g beef steak
- 1 medium onion
- 1 small turnip
- 2 medium potatoes
- 1 small parsnip
- 2-3 carrots
- 1 stick celery
- 100ml red wine
- 1 Tbsp sherry
- 150ml tomato juice
- 200ml water
- 2 level Tbsps gravy browning powder
- 2 beef Oxo cubes or 2 tsps beef stock powder



Slice the steak at a slight angle with the grain ¼ inch thick and about 2 inch squares. Peel all the vegetables. Cut the potatoes in ¼ inch thick slices and line half of these around the sides of a large casserole dish, flat sides facing out. Cut the carrots into quarters lengthways, then chop across into about 2 inch pieces; slice the celery across the stalk into ½ inch pieces and spread both of these in the bottom of the dish. Top with half of the meat first; cover with half of the onion rings; then crumble on one of the stock cubes. Slice the parsnip about ¼ inch thick and cut in 1 inch pieces; turnip slices need to be a bit thinner but left as circles; then spread these around. Repeat the meat, onion and stock powder routine and finish off with the remaining potato. Blend the gravy powder with a little of the water, then stir in the rest of the 200ml along with the wine and sherry and carefully pour this into the dish over the ingredients. Finally pour over the tomato juice.

Cover the casserole and bake in the oven on 160°C fan forced (175°C conventional) for 2 hours. Remove the cover and return to the oven for a further 20-30 minutes.

Serves 4

freezing not recommended

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