

BEEF AND BEER STEW

Beef and Beer Stew is a hearty lunch or a filling main meal served with vegetables.

Serves 4

Per serving: 256 calories, 2.2% fat

Prep time: 15 mins

Cook time: 90 mins

INGREDIENTS

2 red onions, diced
2 garlic cloves, crushed
400g lean diced beef
2 celery sticks, chopped
10g sundried tomatoes, chopped
500ml beer or stout
500ml beef stock
1 tbsp low-fat gravy granules
250g small button mushrooms
1 tbsp mixed herbs (parsley, thyme, chives)
Freshly ground black pepper

METHOD

1. Dry-fry the onions and garlic in a preheated non-stick pan until they start to brown. Add the beef, season with black pepper and continue cooking to seal the meat.
2. Add the celery, tomatoes and beer or stout and bring to the boil. Stir in the beef stock and gravy granules, add the mushrooms and herbs, then cover and simmer gently for 1 hour.
3. When the meat is tender, adjust the consistency of the sauce by adding more gravy granules or water and serve straight away.

