

Speedy Stew

Dairy free
Gluten free



Serves

6

Cooking time

30

Veg per serve



3



TIP

Use any type of lean mince: chicken, pork, beef or kangaroo will do!



Ingredients

1 onion
3 carrots
2 celery sticks
3 garlic cloves
3 medium potatoes
Spray oil
500g lean mince
4½ cups water
2 teaspoons beef stock powder

½ cup tomato paste
2 tablespoons
Worcestershire sauce
2 teaspoons mixed herbs
2 cups chopped vegetables (canned or frozen)
2 tablespoons cornflour
Cooked rice (to serve)

Equipment

Knife
Chopping board
Frypan and lid
Large spoon
Measuring cups
Measuring spoons
Small bowl
Spoon



Tasty learning for life



How to make it



1. Chop onion, carrot, celery, and potatoes into small pieces. Finely chop garlic.



2. Spray frypan with oil and turn onto medium heat. Add onion, garlic, carrot and celery, cook for 2 minutes. Add mince and cook, stirring until brown.



3. Add potatoes, 4 cups water, 2 teaspoons beef stock powder, $\frac{1}{2}$ cup tomato paste, 2 tablespoons Worcestershire sauce and 2 teaspoons mixed herbs to frypan and mix.



4. Put lid on and cook until potato is soft. Add frozen or drained canned vegetables.



5. In a small bowl, mix 2 tablespoons cornflour with $\frac{1}{4}$ cup water. Add to frypan and stir until sauce has thickened and vegetables are cooked. Serve with rice.



nom!

