Hearty Beef Casserole

SERVES 4

INGREDIENTS

1 tablespoon extra virgin olive oil
2 small onions, cut into wedges
2 cloves garlic, crushed
4 x 120g blade steak, cubed (females)
4 x 220g blade steak, cubed (males)
2 cups salt-reduced beef stock
400g can diced tomatoes

1 carrot, sliced
3 sticks of celery, sliced
1 teaspoon cumin
1 teaspoon coriander
2 patty pan squash (button squash), quartered

METHOD

1. Preheat oven to 160°C.
2. Heat the oil in a heatproof casserole dish, over medium heat. Cook the onion and garlic until soft. Remove from dish and set aside.
3. Heat casserole dish on high. Season the beef with salt and pepper, add half to the dish and cook until brown. Remove and repeat with remaining beef.
4. To the empty dish, add the stock and bring to the boil. Return onion, garlic and beef to dish then add the tomatoes, carrots, celery and spices.
5. Return to the boil, cover and place in the preheated oven for 1 hour.
6. Remove, add squash and return to oven to cook for a further 30 minutes.
7. Serve with Notatoes (cauliflower mash – get recipe [here](#)).