

Beef Casserole

Serves: 3

Ingredients:

1 tbsp olive oil
1 onion
1 clove garlic
450g diced casserole beef
50g red lentils
1 ½ tbsp plain flour
½ tsp cinnamon
½ tsp ground cumin
½ tsp ground coriander
200g chopped tomatoes
1 tbsp tomato puree
200mls beef stock
2 sticks celery
1 large carrot
Pepper

Method:

1. Heat the oil in a casserole dish and add the chopped onion and garlic. Fry until the onion has softened.
2. Add the diced beef and cook on a high heat, stirring frequently until browned and sealed.
3. Add in the lentils and then the flour and stir well. Add in the cinnamon, cumin and coriander and stir again.
4. Next, add in the chopped tomatoes, tomato puree and beef stock. Stir well.
5. Add the chopped celery and carrots and bring to the boil and then reduce the heat and simmer for 1 ½ hours stirring occasionally.
6. Season to taste with pepper.

Serve with green beans and mashed potatoes or couscous,