

GF Friendly

Beef Hotpot

A rich beef and vegetable casserole

Hotpot is pretty much the same as a casserole. I used beef steak, but other meats would do. Cooking time may have to be adjusted to suit: chicken, for example, would probably only need about ninety minutes. Vegetarians can leave out the meat altogether and substitute a vegetable stock cube.

- 350g cubed beef steak, or stewing steak
- 1 swede, sliced thinly
- 1 large carrot, sliced
- 1 onion, cut across in half-slices
- 1 capsicum, sliced
- 1 parsnip, cut in small strips
- 1 turnip, cubed
- 1 Tbsp tomato paste
- 1 beef Oxo or stock cube/powder
- 100ml red wine + 200ml water
- 1 dessertspoon gravy powder
- Salt and pepper (optional)



Prepare the vegetables as above. Except for the swede and carrot, toss the rest together in a bowl. In a suitable dish, combine the gravy powder with a little water; then add the wine, the remaining water, tomato paste, crumbled stock cube, the gravy powder, and mix well. Pour enough of this to cover the bottom of a casserole or baking dish.

Spread the swede and carrot evenly in the bottom on the sauce; then top with half of the cubed beef. Spread half of the mixed vegetables over this before putting on the rest of the beef; and lastly finish off with the remaining vegetables.

Give the sauce a stir; then pour carefully over the contents of the casserole.

Pre-heat the oven to 165°C fan-forced (180°C conventional); then cook covered for 2 hours. Check occasionally to ensure it doesn't dry out, adding more water if necessary.

Serves at least 4 with mashed potatoes and/or extra vegetables okay to freeze

A Season of Happiness - helping you towards a better lifestyle



For a look at some more informative articles on a variety of subjects just return to the web page