

# 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



nom!



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!

