

Stovies

A good, nourishing winter warmer that's a meal in a pot. Serve with crusty bread.



Serves: 6

Time: 25 minutes

Ingredients

- 200 grams braising steak, thinly sliced
- 1 beef stock cube, made up with 1 pint of water
- 2 large potatoes, peeled and thinly sliced
- 1 parsnip, peeled and thinly sliced
- 1 carrot, peeled and thinly sliced
- 1/4 small turnip, peeled and thinly sliced

- 1 large onion, peeled and thinly sliced
- Pepper to taste

Method

1. Brown the meat in a pan, over a low heat, add beef stock
2. Layer the potato, parsnip, carrot, turnip and onion in the pan.
3. Cover and simmer for about 30 minutes or until the vegetables are soft (add more water if needed to stop it from sticking).
4. Season to taste.
5. Serve with oatcakes or crusty bread.

Nutritional Information

Each serving provides	Amount in grams
Energy	891 kilojoules/211 kilocalories
Fat	2
Saturates	0.6
Sugar	6.5
Salt	0.7

Typical values per 100g: Energy 358kJ/85kilocalories

The nutritional information stated above is based on each serving of Stovies and excludes suggested accompaniments.

Read more on our [Healthy recipes page](#).