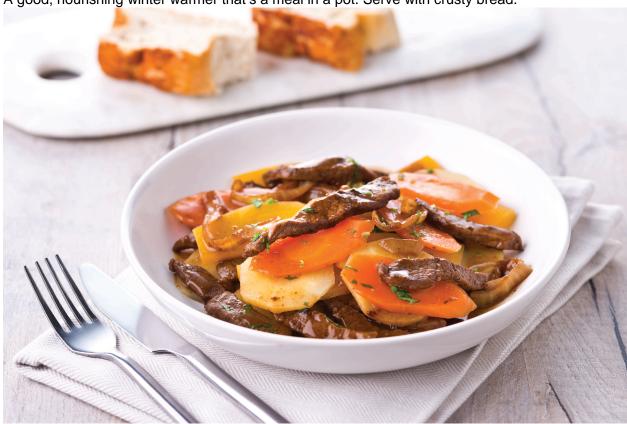


Stovies

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.