

# Recipe Card

## *Beef and sausage casserole*

### Ingredients

- 25ml olive oil
- 550g diced onion
- 170g diced carrot
- 170g diced celery
- 5 cloves of crushed garlic
- 60g plain flour
- 240g button mushrooms, sliced
- 1200g boneless stewing beef, trimmed and cut into cubes
- 320g turkey or good quality pork sausages.
- 550g tinned plum tomatoes
- 380ml low salt beef stock
- 50ml water
- ½ bunch fresh thyme
- ½ bunch fresh rosemary
- 1 bay leaf
- Handful chopped parsley or dried
- Handful chopped oregano or dried

### Method

For stewing beef: Cut the stewing beef into even sized pieces. In a bowl add the flour and season with salt and pepper, throw in the stewing beef and mix until all coated.

Heat a large casserole pot or heavy bottom saucepan on a medium heat. Add half the oil and fry until brown all over. Cook in small batches until all has been cooked and remove from pan and place to one side.

Cook the sausages in the oven for 10-15 mins. When cool slice into same size chunks as stewing beef.

For sauce: In the same pan you cooked the stewing beef, add the remaining oil along with the carrot, celery and onion and cook for 4-5 mins, then add the chopped garlic.

Grab the thyme, rosemary and bay leaf and tie together with some string and put in the pan.

Add a splash of water and try and get all the bits stuck to the bottom of the pan. Then add the tinned tomatoes and low salt beef stock. Increase heat and bring to boil, then reduce to a simmer and throw in the stewing beef and sausage into the sauce.

Simmer for 45 mins to an hour until stewing beef is tender and sauce has thickened and reduced.

To serve: In the last 10 mins of cooking add mushrooms and finish with the parsley and oregano.

Tips: Keep vegetables quite chunky so they do not fall apart. Don't forget to remove the bundle of herbs.

