



## Autumn Harvest Beef Stew

Serves 4-6

Grandmothers (and grandfathers) will be delighted – old fashion stew is back on the menu!

### Ingredients:

**500g blade bone steak**  
**1/4 cup flour**  
**2 tablespoons NUTTELEX**  
**2 onions, sliced**  
**1 medium carrot, sliced into rounds**  
**1 stalk celery, sliced**  
**1 small turnip, sliced (optional)**  
**freshly ground pepper to taste**  
**1 bay leaf**  
**2 sprigs fresh thyme (or 1/2 teaspoon, dried)**  
**2 tablespoons tomato paste**  
**125g mushrooms, sliced**

### Method:

1. Trim fat from meat and cut into 2cm cubes. Toss in flour and shake off excess.
2. Heat NUTTELEX in large frypan or saucepan and brown meat well on all sides. (This is the secret of a good stew. Seal the meat well to keep juices in, and get a rich brown colour).
3. Add onions, reduce heat and cook for 3-4 minutes or until onion is soft.
4. Toss in remaining vegetables and continue cooking for 3-4 minutes, stirring well.
5. Add seasoning, herbs and tomato paste. Pour in water to just cover stew. Bring to the boil stirring constantly then reduce heat, cover pan and cook so that the liquid bubbles occasionally (simmer) and cook 1 - 1 1/2 hours, or until meat is tender.
6. Add mushrooms 5-10 minutes before serving.

One way to increase your iron level is to eat lean red meat 2-3 times per week.