



6

SERVES/MAKES



COOKING TIME:
< 90 min



COOKING STYLE:
Stove

LANCEWOOD® MUSHROOM BEEF STEW

INGREDIENTS:

30 ml sunflower oil
2 onions, peeled & quartered
2 cloves garlic, sliced
800 g cubed beef
4 sticks celery, roughly chopped
200 g baby carrots or 3 carrots, peeled and thickly sliced
250 ml beef stock
250 ml water
2 – 3 sprigs thyme
250 g button mushrooms
200 g butternut, diced
125 g green beans, sliced
250 ml **LANCEWOOD Sauce Delight™ Mushroom Sauce**
Salt & freshly ground black pepper to taste

METHOD:

Heat the oil and brown the onions, garlic and meat. Add the celery and carrots. Add the beef stock, water and thyme. Cover and simmer over low heat for 45 – 60 minutes or until the meat is tender. Add more water if necessary. Add the mushrooms and butternut and cook for 15 minutes. Add green beans after 10 minutes. Stir in the **LANCEWOOD Sauce Delight™ Mushroom Sauce** and heat through. Season to taste and serve with rice or mash.

HINTS & TIPS:

Use **LANCEWOOD Sauce Delight!™ Pepper Sauce** instead of **Mushroom Sauce**.

PRODUCTS USED:



Pepper Sauce



Mushroom Sauce

ENJOY!