



Think you're  
getting enough  
vegies?  
Cut it out.



## EASY BEEF HOTPOT

 15 minutes preparation + 2 hours cooking

 **Provides 3 serves of vegies per person**  
Serves 6 people

- 1kg chuck or blade steak, cubed
- 2 tablespoons flour
- 2 teaspoons paprika
- 425g can crushed tomatoes
- 2 medium onions, sliced
- 1 clove garlic, crushed
- 2 sticks celery, sliced
- 2 large carrots, thickly sliced
- 1 turnip, cut into large chunks
- 3 medium potatoes, cut into large chunks
- 1 cup red wine or stock

Preheat oven to 180°C. Toss meat, flour and paprika in a plastic bag, tip into a heavy casserole dish. Add all remaining ingredients and stir to combine. Press a piece of baking paper over the ingredients and cover closely with a lid. Cook for 2 hours without lifting the lid. Check for seasoning and tenderness, returning to oven if more cooking time is required.

### Serving suggestion

Serve with mashed potatoes and steamed green vegetables.

For more information visit:  
[www.gofor2and5.com.au](http://www.gofor2and5.com.au)



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