



## REDUCED CARBOHYDRATE MEAL

# Italian beef and sausage casserole

## INGREDIENTS (1 serving)

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### FREEZABLE

- sprinkle of plain flour
- 285g (10oz) stewing beef, trimmed of visible fat and cut into cubes
- 35ml (1.2 fl. oz) olive oil
- 125g (4.3oz) turkey or chicken sausages, cut into bite sized pieces
- 145g (5.2oz) onions, roughly chopped
- 55g (2oz) carrots, roughly chopped
- 55g (2oz) celery, roughly chopped
- 1 garlic clove, grated
- 90g (3.1oz) button mushrooms
- a few sprigs of fresh thyme
- a few sprigs of fresh rosemary
- 1 bay leaf – optional
- 215g (7.1oz) tinned chopped tomatoes
- 1 stock cube
- 170g (5.9oz) green vegetables (spinach, kale, broccoli, pea pods or green beans)
- handful of chopped fresh parsley – optional
- handful of chopped fresh oregano – optional

Sometimes good things come to those who wait and this is one of those occasions. This dish is a longer one to prepare and cook so plan ahead. It is a crowd pleaser and great for prepping like a boss... put some love into it and make a huge batch for those cold winter evenings.

## METHOD

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Heat half the olive oil in a large heavy bottomed casserole dish over a high heat. Sprinkle the beef with flour, then carefully add the meat, cook for 2-3 minutes until nicely colored. Once all the meat is cooked remove from the dish and place to one side.

Turn the heat down to medium, add your sausage, onions, carrots, celery, garlic and mushrooms. Fry the ingredients for 3-4 minutes, by which time the onion should be soft.

Throw the meat back in with the veg and remaining oil, tie the thyme, rosemary and bay leaf together with a piece of string, throw that in the pan along with the tomatoes, stock cube and enough water to create a nice sauce.

Bring the whole lot to the boil then simmer for 1-2 hours, or until the meat is soft and tender.

Serve up the casserole with your favorite greens steamed, blanched or boiled and an artistic scattering of fresh herbs.