

INGREDIENTS: Irish Stew

500g steak pieces

8 large potatoes

beef stock

vegetable stock

1 bay leaf

600ml water

salt & pepper

Ingredients



1 tablespoon of oil

2 large onions

4 large carrots

SERVES 4



Calories: 482

Fat: 13.6g

Carbs: 61.5g

Protein: 34.6g

To guide you through some of the recipes videos are available online at:

www.loafcatering.com/video



If you are interested in joining Loaf Cookery Club and would like more information you can call us or visit our website for more details:

Tel: 028 9043 6400

www.nowgroup.org



FOOD WITH PURPOSE

We are part of www.nowgroup.org



Irish Stew



RECIPE

METHOD: Irish Beef Stew

STEP 1

Wash & peel the carrots, onions & potatoes & cut into chunks



STEP 2

Add oil to saucepan over a medium heat



STEP 3

Add steak pieces to saucepan & brown over a medium heat, stir occasionally



STEP 4

When meat is brown add carrots & onions to pan & continue to stir



STEP 5

After 10 minutes add potatoes, stock & bay leaf. Stir & cover saucepan with a lid & bring to the boil over a medium heat



STEP 6

Stir again when it comes to the boil. Reduce heat to a simmer for 1 hour stirring occasionally. When meat & veg are soft to touch - serve & enjoy!

