

TINO'S BEEF STEW



Easy, delicious and nutritious!

Prep time
15 mins

Cook time
140 mins

Serves
4



HIGH IN PROTEIN



FREEZES WELL



EASIER TO DIGEST

Join passionate foodie and pancreatic cancer survivor Tino, as he cooks his favourite, nutritious meals in the PanChef kitchen.

pancare.org.au/panchef



TINO'S BEEF STEW

INGREDIENTS

600 grams of diced gravy beef
1 tin of chickpeas – drained
1 tin of 3 bean mix – drained
1 tin of crushed tomato
1 brown onion
2 large carrots
2 stalks of celery
2 cloves of garlic
1 tablespoon of oregano, thyme and rosemary
1 litre of beef stock
Corn flour

Handy dietary tips

- Protein is important for growth, health, and repair of your body, especially when going through cancer treatment.
- Chopping the beef and vegetables finely and cooking for a longer period of time will make the meal easier to digest.

METHOD

Add 3 tablespoons of oil into a large pot and braise the cornflour dusted gravy beef for approximately 5 minutes.

Remove the beef from the pot and then add your diced onion, carrot, celery and garlic, cooking until translucent. Add your dried herbs and cook for a further 2 minutes, then add in your chickpeas, beans, tinned tomato, beef stock and the braised beef

Bring to the boil, then simmer for 2 hours with the lid off.

To serve

Serve with either steamed brown rice or sweet potato mash.