

- [olive oil](#)
- 1 [onion](#) , diced
- 1 carrot , diced
- 1 [leek](#) , diced
- 2 [celery](#) sticks, diced
- 2 [garlic cloves](#) , crushed
- 75g mushrooms , sliced
- 500g braising steaks , cubed
- 2 tbsp plain flour
- 3 sprigs of [thyme](#)
- beef stock , fresh, cube or concentrate made up to 750ml
- 2 tbsp tomato purée
- a dash of Worcestershire sauce

Ready in 2 hours

Method

1. Heat 1 tbsp olive oil in a large pan then add the onion, carrot, leek, celery and garlic, and cook gently for 5 minutes, do not brown. Add the mushrooms and cook everything for a further 5 minutes then remove from the pan. Heat a little more olive oil in the pan, add the beef (in batches if necessary) and brown all over then stir the flour in well.
2. Return the veg to the pan and add the thyme, stock, purée and Worcestershire sauce. Season and mix well. Bring to a gentle simmer and cook covered for 1 1/2 hours until tender, stirring occasionally. Serve with jacket potatoes, rice, pasta or mash.

Know-how

Long, slow cooking means the vegetables almost dissolve into this casserole, making it richer (and easier to get past veg-phobic kids). Tastes even better if made the day before.

Per serving

293 calories, protein 30.9g, carbohydrate 13.4g, fat 13.3 g, saturated fat 3.8g, fibre 2.7g, salt 0.94 g

