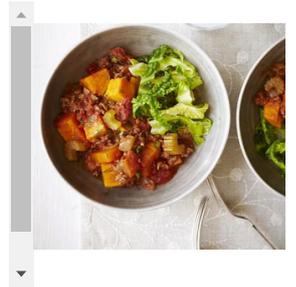


Minced beef & sweet potato stew

L Prep: 20 mins
Cook: 1 hr

E Easy

F Serves 4



Alternatives

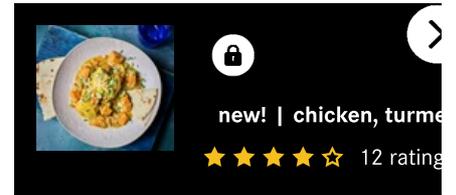
Complete the dish



Beef stroganoff
★★★★★
272 ratings



Easy chicken casserole
★★★★☆ 201 rating



Ingredients

1 tbsp
sunflower oil

1
large onion
chopped

1
large carrot
chopped

1
celery
stick, sliced

500g
lean minced beef

1 tbsp tomato purée

1 tbsp mushroom ketchup

400g
can chopped tomato

450g
sweet potato
peeled and cut into large chunks

few thyme
sprigs

1 bay leaf

handful parsley
chopped

Savoy cabbage
to serve

Method

Step 1

Heat the oil in a large pan, add the onion, carrot and celery, and sweat for 10 mins until soft. Add the beef and cook until it is browned all over.

Step 2

Add the tomato purée and cook for a few mins, then add the mushroom ketchup, tomatoes, sweet potatoes, herbs and a can full of water. Season well and bring to the boil.

Step 3

Simmer on a low heat for 40-45 mins until the sweet potatoes are tender, stirring a few times throughout cooking to make sure they are cooking evenly.

Step 4

Once cooked, remove the bay leaf, stir through the chopped parsley and serve with cabbage.