

## Mediterranean Beef stew



### Ingredients

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- 2 tbsp olive oil
  - @ 600g extra- lean diced beef
  - 1 large onion, sliced
  - 1½ tbsp chopped rosemary (or ½ tbsp dried)
  - 4 garlic cloves, sliced
  - 150ml red wine (or extra stock)
  - 400ml beef stock - use gluten free stock if required
  - 1 x 400g tin cherry tomatoes
  - 3 mixed peppers, deseeded and thickly sliced
  - 1 x 400g tin butterbeans, rinsed and drained- you could use 2 tins beans to reduce the meat/ plant ratio
  - 70g pitted Kalamata olives
  - 1 tbsp cornflour
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- Preheat the oven to 140°C, fan 120°C, gas 1. Heat 1 tablespoon of oil in a casserole, season the beef and brown in 2 batches over a

high heat, adding a little more oil if needed with the second batch. Remove the beef to a plate.

- Add the rest of the oil to the casserole and cook the onion, rosemary and garlic for about 6 minutes on a medium heat until starting to soften, adding a pinch of salt.
- Pour in the wine, scraping up any browned bits from the bottom of the pan, then add the beef stock, tomatoes and peppers. Return the browned beef to the casserole, bring to a simmer, cover and transfer to the oven to cook for 2 hours.
- Mix in the butterbeans and olives and return to the oven for a further 30 minutes. Mix the cornflour with a little cold water, then stir in some of the sauce; pour it all back into the casserole and simmer until thickened. Serve with celeriac and potato mash.