

# BEEF STEW

**Time: 60 minutes**

**Serves: 6**

### Ingredients:

1.2kg beef stew cubes  
600g carrots - peeled and thickly sliced  
600g potatoes - cubed  
400g onions - diced  
500g beef or vegetable stock  
100g tomato paste  
30g Worcestershire sauce  
30g salt  
5 cloves garlic - chopped  
2g fresh ground black pepper  
2g dried basil  
2g dried oregano  
50g water and 50g corn starch - whisked together (optional)  
Parsley to garnish

### Preparation:

Place all ingredients except corn starch, water, and parsley in the pot of a pressure cooker and stir to combine.

Pressure cook for 30 minutes.

Release pressure and stir in the corn starch/water mixture if using.

Serve garnished with parsley.

### Nutritional Information Per Serving:

Calories: 563	<b>Hand-Size Portion Guide</b>
Fat: 24g	Palms of Protein: 2
Carbs: 47g	Fists of Vegetables: 1
Fibre: 7g	Cupped Hands of Carbs: 2
Protein: 42g	Thumbs of fat: 2