

Slow cooked beef stew with prunes

This is a perfect recipe during cold winter days!

Try our fabulous take on a traditional beef stew – the tomatoes and prunes add a deep richness, and we've made it high in delicious flavour!

Recipe contains FODMAPS but might be useful for people with constipation-based IBS and no issues with FODMAPS



Ingredients

Serves 4

- 2tbsp ground nut oil
- 600g boneless beef, cut into large chunks, ask your butcher to prepare
- 2 medium onions, peeled and roughly chopped
- 2 medium carrots, peeled, trimmed and diced
- 600ml beef stock
- 400g tin of chopped tomatoes
- 2tbsp fresh parsley, finely chopped
- 12 ready-to-eat Prunes, halved

Method

Preheat oven to 325f / 170c / gas 3

Place a large, oven-proof, casserole pot over a medium heat, add the oil, and when hot quickly sear all the beef pieces, stirring and turning to brown each side. When browned, remove the beef from the pan with a slotted spoon and keep to one side.

Add the onion and carrots to the pan, add a splash of the stock then cover and leave to sautee in the stock over the medium heat – about 5-7 minutes (check every few minutes to ensure they are not burning and stir as necessary). Turn the heat to high, then add the tomatoes, stirring well, then leave to simmer for a minute.

Next add half the parsley and the rest of the stock, give it a stir, and add the beef back. Bring to the boil, then cover and pop into the hot oven. After 45 minutes, add the prunes, then return to the oven for another 45 minutes.

Sprinkle with the remainder of the fresh parsley, and serve. This dish can really work with a crunchy green salad. The salad does not need a dressing as the juice from the stew is so filled with flavour.

