

Winter beef and root vegetable stew

Warm up from the inside out with this beef and root vegetable stew. Easy, hearty and wholesome, it makes for the perfect family feed.

- Serves:6
- Cooktime:2 hr 25 mins
- Preptime:15 mins



Ingredients

- 1 tbs olive oil
- 1kg Coles Australian Beef Chuck Casserole Steak, cut into 5cm pieces
- 1 brown onion, chopped
- 1 large carrot, coarsely chopped
- 2 sticks celery, coarsely chopped
- 1 tbs plain flour
- 330ml bottle apple cider
- 1 cup (250ml) beef stock
- 6 sprigs thyme
- 2 dried bay leaves
- 1 turnip, peeled, coarsely chopped
- 2 parsnips, coarsely chopped

- 150g brown mushrooms, halved
- 2 tbs finely chopped flat-leaf parsley
- Coles Bakery Stone Baked Sourdough, to serve

Check ingredient labels to make sure they meet your specific dietary requirements and always consult a health professional before changing your diet. View dietary information [here](#).

Percentage Daily Intake information on our recipes is calculated using the nutrition reference values for an average Australian adult.

Method

1. Step 1

Preheat oven to 150°C. Heat half the oil in a large heavy-based ovenproof saucepan over medium heat. Season beef and cook, in 2 batches, for 5 mins or until browned. Transfer to a plate.

2. Step 2

Heat the remaining oil in the same pan. Cook the onion, carrot and celery for 10 mins or until lightly caramelised. Add flour and cook, stirring, for 2 mins. Gradually stir in the apple cider and stock. Add the thyme and bay leaves. Season. Bring to the boil. Cover and bake for 2 hours, adding the turnip, parsnip and mushroom in the last hour of cooking, or until the beef is tender.

3. Step 3

Stir through the parsley. Serve the beef stew with the bread.