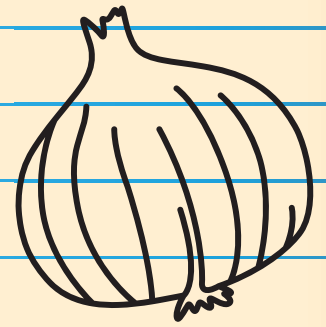




Aunt Bessie's Steak Casserole



Ingredients

- 1 Pack of Aunt Bessie's Casserole Vegetable Mix
- 500g Diced stewing steak
- 1 Large onion diced
- 2 Cloves of garlic
- 2 Pints of good quality beef stock
- 1 Tbsp Balsamic vinegar
- 1 Tbsp/15g of corn flour dissolved in cold water to thicken



Method

Gently sweat the onion and garlic in Olive oil in a heavy bottom pan. Add the stewing steak and fry until brown but not cooked through. Add the Aunt Bessie's Casserole pack except the dumplings. Cover with the 2 pints of beef stock, the Balsamic vinegar and bring to the boil. Cover with the lid or tin foil and cook at 150°C for around 2 hours. Remove from the oven and thicken using the corn flour. Place the dumplings on top of the casserole and return to the oven for a further 20 minutes.



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