



# Beef and Butternut Casserole with Mushrooms and Tomato

Serves 4

*A delicious one pot meal!*

- 1 onion
- 1 leek
- 4 cloves garlic
- 2 rashers bacon, optional
- 2 sprigs fresh rosemary
- 10 ml olive oil (10 ml)
- 2 bay leaves
- 1 butternut (800 g)
- 250 g mushrooms, mixed are most delicious
- 410 g tinned chopped tomatoes (1 x 410 g tin)
- 150 ml red wine, optional
- 500 g beef goulash pieces, check for minimal visible fat.
- 8 black olives
- 2.5 ml salt & freshly ground black pepper (½ t)

1. Preheat the oven to 180°C
2. Peel the onion and cut into eighths. Trim, wash and slice the leek. Peel and slice the garlic.
3. Heat a large pan or ovenproof casserole on medium heat.
4. Finely slice the bacon. Pick the leaves off the rosemary sprig and chop finely.
5. Pour the olive oil into the hot pan, add the sliced bacon, chopped rosemary and the bay leaves and gently fry, stirring regularly
6. Add the sliced garlic, chopped onion and leek and cook for 10 minutes, stirring regularly.
7. Meanwhile, peel and cut the butternut into bite size cubes and add to the pan.
8. Clean the mushrooms and cut off the stems. Add both the stems and whole mushroom tops to the pan.
9. Add the meat cubes, pour over the wine and simmer for 10 minutes.
10. Add the tinned tomatoes.
11. Rinse the tomato tin out with quarter tin of water and add to the pan or casserole.



12. De-stone the olives by cutting in half. Add to the casserole and mix in gently.
13. Bring the casserole to a boil and then place in the pre-heated oven to bake for 45 mins, until thick and delicious.
14. Serve on its' own as a complete balanced meal.

#### **NUTRIENTS PER SERVING (600 g)**

Energy	1918 kJ
Protein	30.3 g
Carbohydrates	31.3 g
Total sugars	4.5 g
Added sugar	0.0 g
Total Fat	18.5 g
Saturated fat	7.7 g
Fibre	7.7 g
Sodium	682 mg

**One serving is equivalent to 1 carbohydrate, 4 protein and 4 vegetable**

#### **Dietitian notes:**

This is a meal-in-one casserole which is easy to prepare ahead of time if one is having visitors. Butternut contains double the starch that other vegetables do, so may be used as a starch in some instances. In this dish, since there are four other vegetable servings in it, the butternut can serve as the starch of the meal. This is a high fibre meal which will help those troubled tummies battling with constipation. Remember to drink a glass of water with your meal.

#### **Sensitive tummy notes:**

This recipe is not suitable for very sensitive tummies because of the fermentable carbs content from the onion, leeks and garlic.