



The Gathered Green

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BEEF CASSEROLE WITH ROASTED EGGPLANT & CAPSICUM

Thank you to beefandlamb.com.au for the recipe and picture.

Serves 4

Ingredients

- 2 tablespoons coconut oil
- 1 kg chuck or boneless gravy beef
- 1 large onion, sliced
- 2 cloves garlic, crushed
- 1 tablespoon coconut flour
- 2 cups beef broth/stock (homemade or additive free)
- 1 cup red wine
- ¼ cup tomato paste
- 1-2 bay leaves (fresh or dried)
- 4 sprigs fresh thyme or small sprigs of rosemary or parsley
- 1 medium eggplant, roughly diced
- 1 large red capsicum, diced
- Sea salt and black pepper to taste





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Method

Preheat oven to 180 degrees. Cut beef into 2.5cm to 3cm cubes. Season with salt and pepper.

Heat 1 to 2 tablespoons coconut oil in a large fry pan over medium high heat.

Brown beef in 2 to 3 batches. Remove each batch and place in a casserole dish.

Reduce heat in the frypan and add a teaspoon of coconut oil. Add sliced onion and crushed garlic and cook for 1 to 2 minutes, stirring occasionally.

Add the cooked onion and garlic to the casserole dish with the beef

Gradually pour in the stock and wine, and add the tomato paste, stirring well.

Mix coconut flour with a small portion of water in a separate cup, and stir to remove lumps. Add coconut flour mixture to the casserole dish and stir well.

Add the herbs, stir until the mixture boils. Cover the casserole dish, place in oven, and cook until the beef is very tender (up to 2 hours). Stir every 40 minutes or so, add water if needed to keep the ingredients just covered.

In the final 30 minutes cooking time, place the diced eggplant and red capsicum on a roasting tray and roast in the oven, alongside the casserole. (Roasting the capsicum and eggplant while the casserole cooks, helps retain the rich colour and flavour of the vegetables).

Gently stir roasted vegetables into the casserole before serving.

Season with salt and cracked pepper to taste.

Enjoy!

Jane

