

Mediterranean Beef Casserole



Recipe by Australian Beef

Ingredients

- 1 kg Chuck or boneless shin/gravy beef, cut into 3cm pieces
- 2 tbsp olive oil
- 2 medium carrots, peeled, sliced
- 2 celery stalks, sliced
- 2 tbsp plain flour
- 500ml salt-reduced beef stock
- 1 large brown onion, thinly sliced
- 1 tbsp Tuscan seasoning
- 400g can chickpeas, drained, rinsed
- 400g can tomatoes
- 120g baby spinach

Method:

1. Preheat the oven to 180°C (160° fan-forced). Place beef in a large snap lock bag or dish, add half the oil, season and mix well.
2. Heat a large ovenproof casserole dish over medium-high heat. Brown the beef in 2 or 3 batches, setting beef aside on a plate.
3. Reduce heat to medium and add remaining oil. Add onion, carrot, celery and Tuscan seasoning. Cook, 4 to 5 minutes, stirring occasionally.
4. Sprinkle in flour, stir until vegetables are coated. Gradually pour in stock stirring well. Return beef to the pan with any juices and add tomatoes, stirring until the mixture boils.
5. Cover casserole dish, place in oven and cook until beef is very tender (2 to 2 ½ hours), stirring occasionally, adding extra stock or water if necessary. Remove from oven, stir in chickpeas and baby spinach leaves and set aside, covered, for 10 minutes.
6. Serve with mashed potato, green beans and flat leaf parsley.