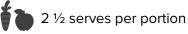
Steak Casserole with Sweet Potato Crust

Serves: 8

Prep time: 20 minutes Cook time: 2 hours 10 minutes



Ingredients

1 tablespoon olive oil 1 onion, diced 2 shallots, diced 2 carrots, diced 2 celery sticks, diced 1kg steak, fat trimmed, diced 1 capsicum, diced 2 cups mushrooms, sliced 410g can baby corn, drained and sliced 420g can kidney beans, drained and rinsed 1/2 cup beef stock, salt reduced 1/2 cup vegetable stock, salt reduced Black pepper, to taste 400g sweet potato, roughly chopped 1/4 cup milk, reduced fat



Everyday Food

Method

PREHEAT oven to 150°C.

HEAT oil in frypan over medium heat. Add onion, shallots, carrots and celery, cooking gently until onion begins to caramelize. Transfer to a bowl and set aside.

ADD steak to pan, cooking until sides begin to brown. Remove from heat.

LAYER the steak, onion mixture, capsicum, mushrooms, corn and beans in a large casserole dish.

COMBINE the beef and vegetable stock in a bowl, seasoning with black pepper. Pour over the steak and vegetables.

PLACE lid on dish and bake for around 2 hours.

MEANWHILE, bring a large saucepan of water to the boil. Add sweet potato and cook until tender. Drain and return to pot, and mash with milk and pepper to taste.

ADD to top of casserole in last 30 minutes of cooking time. Continue to bake until golden. SERVE with steamed green beans.

Recipe courtesy of Arlene Roberts, Mount Morgan



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