



Lamb & Red Bean Casserole

A lovely winter warmer meal of tender lamb and vegetables.

Serves 4

Preparation time: 10 minutes

Cooking time: 1 hour 30 minutes

- 2 tbsp canola oil
- 540g diced lamb leg, fat trimmed
- 2 carrots, cut into 1cm pieces
- 2 sticks celery, cut into 1cm pieces
- 1 x 425g tin crushed tomatoes (choose one with herbs)
- 1 x 310g tin red kidney beans, rinsed
- 1 cup beef stock
- 1/2 cup red wine (optional)

Method

1. Coat lamb in 1 tbsp of oil. In a hot casserole pan brown meat in 3 batches. Remove from pot.
2. Add remaining oil to the pot and cook carrot and celery for 2 minutes until softened.
3. Return meat to pot and add tomatoes, beans and stock. Bring to the boil covered and then place in the oven (pre-heated to 180°C) and cook for 1½ hours or until meat is tender. Alternatively, cook on a low heat on the stovetop for 1½-2 hours covered.

Serving Suggestion:

Serve over mashed potato and sprinkle whole oregano leaves (or basil/parsley) over stew.

Cooks tip:

You can also cook the mini roasts in the oven. Just brown in a frying pan and bake at 200°C for 20 minutes or until cooked to your liking.