

Beef and Sweet Potato Stew

7 REGULAR
4 PUREED

Blend to a smooth consistency upon completion



www.eatingwithdignity.org

Beef and Sweet Potato Stew

Sweet potatoes are healthy vegetables; they are filled with antioxidants and a good source of dietary fibre, potassium and vitamins. They are low in sodium, saturated fat and cholesterol.



Shopping List

- 2 leeks
- 50g butter
- 900g braising steak
- 4 tablespoons plain flour
- 400ml beef stock
- 150ml fresh orange juice
- 1 teaspoon paprika pepper
- 750g sweet potato



Directions

1. Peel and chop the sweet potatoes. Cut the steak into small manageable pieces.
2. In a flameproof casserole, soften the leek in the butter. Roll the beef in the flour and brown off the meat with the leek.
3. Add the sweet potato, stock and orange juice, paprika pepper and bring to the boil.
4. Cover and transfer to a preheated medium oven 180 °C for 2 hours or until meat is tender.
5. Serve.