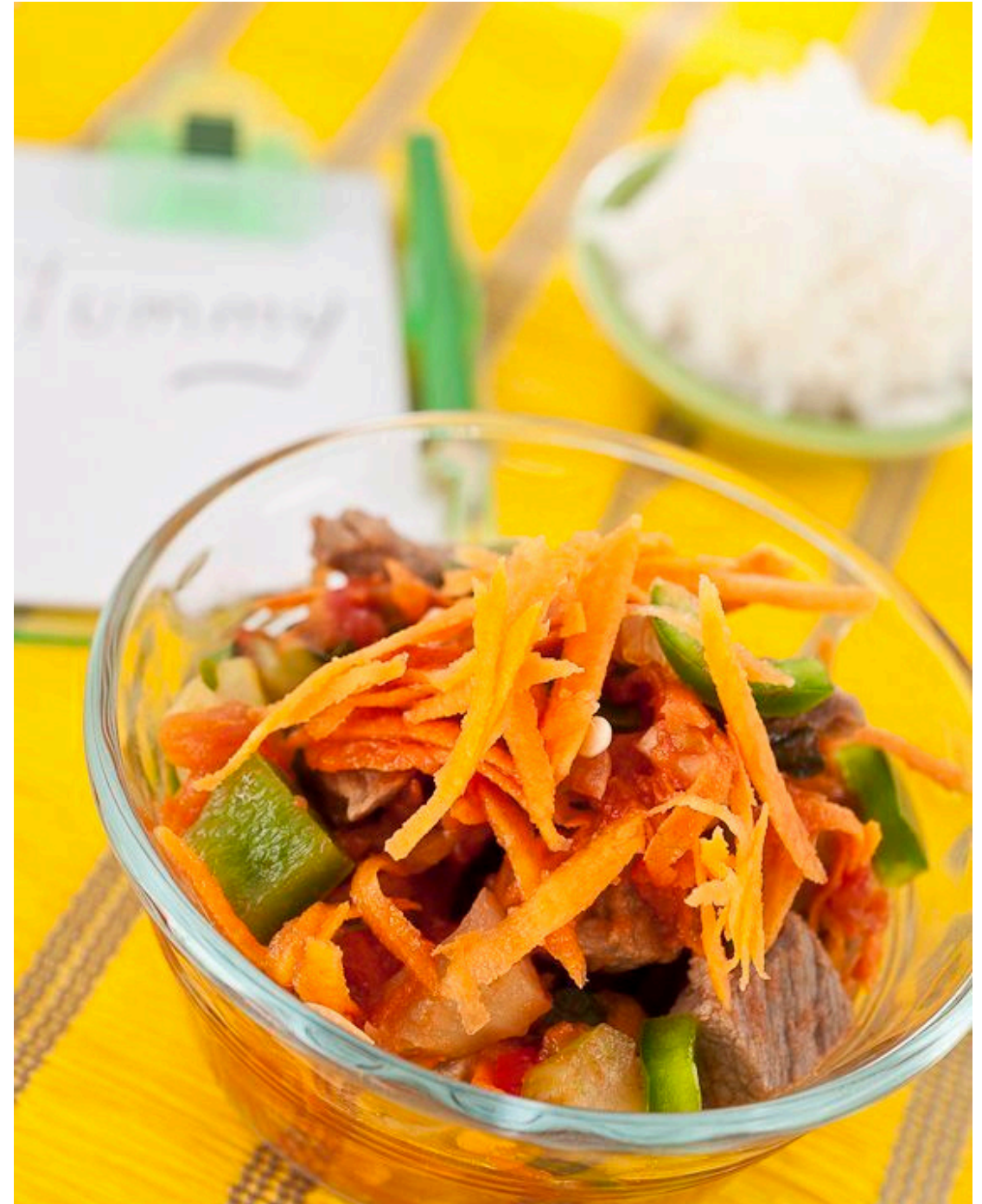


Beef Ragout

Influenced by Italian and French flavours, ragout means stew. Beef ragout is a quick and easy adaptation of the traditional slow cooked version, packed full of tender beef chunks and delicious fresh vegetables.



Influence:
Italian/French



Serves 10 children



55 minutes

INGREDIENTS

Beef, diced, lean 500g (2 C)
Onion, chopped 80g (1 medium)
Capsicum, red, finely diced 50g (½ medium)
Capsicum, green, finely diced 50g (½ medium)
Capsicum, yellow, finely diced 50g (½ medium)
Celery, finely diced 100g (2 large stalks)
Carrot, grated 100g (2/3 C)
Garlic, finely chopped 5g (1 clove)
Sugar 20g (1 T)
Tomato, diced, canned (no added salt or salt reduced) 440g (1 can)
Water 250ml (1 C)
Basil, dried 1g (1 t)
Rice, dry 300g (1 ½ C)
Cheese, to serve, 15 g

DIRECTIONS

1. Heat a fry pan and sauté onion, garlic and beef until browned.
2. Add can of tomato, sugar and remaining vegetables.
3. Add water and basil. Cook for 30 minutes.
4. Serve with cooked rice.

Allergy Information

Contains: no common allergens.

Childcare RDI Calculator:

Fat		0 %
Vegetables	<div></div>	120 %
Meat/Alt*	<div></div>	100 %
Cereals	<div></div>	100 %
Dairy	<div></div>	100 %
Fruit		0 %

* meat = lean meats, poultry and fish; meat alternatives = eggs, tofu, nuts, seeds, legumes and beans

This recipe is sourced from the Nourish Cookbook: The complete guide for Food Coordinators in Education and Care Services