Country beef casserole
RECIPE

Country beef casserole

COOK TIME	30 mins
PREP TIME	10 mins
SERVES	4 x

Country Beef Casserole

INGREDIENTS

- Canola Oil Spray
- 500 g Lean Beef, diced
- 1 Onion (160 g), diced
- 3 Carrots (300 g), peeled & diced
- 6 Celery Sticks (240 g), sliced
- 2 Middle Bacon Rashers (64 g), diced
- 1 MasterFoods™ Country Beef Casserole Recipe Base
- 1/2 cup Water (125 mL)
- 1 cup dry Brown Rice

METHOD

1. Heat pan on medium heat. Spray with oil and cook beef until browned.
2. Add vegetables and bacon and cook until soft.
3. Add Recipe Base and water. Stir through.
4. Gently cook on low heat for 15 minutes or until sauce thickens.
5. Meanwhile cook rice to serve with your MasterFoods™ Country Beef Casserole.
6. For extra veggies, add 300 g large portobello mushrooms, quartered.

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