



Stovies (Serves 4)

Tasty, filling, and requires very few ingredients. This is an easy dish to make and perfect on a cold day.

Ingredients

- 1 (400g) can of stewing steak in gravy
- 1kg (10) potatoes or tinned potatoes
- 2 onions, diced
- ½ beef stock cube (made up with 200ml boiled water)

Method

1. Peel and slice potatoes, or drain tinned potatoes and slice
2. Place all ingredients together into a pot and cook on the hob for 30-40 minutes until potatoes are soft. Alternatively place all ingredients in a slow cooker and leave on low for 4-5hours

Serve with beetroot and green vegetables

Nutrition

Potatoes are a good source of energy, fibre, B vitamins and potassium. Red meat such as beef is a rich source of Iron. Iron is important for making red blood cells, which transports oxygen around the body. A lack of Iron can lead to Iron deficiency anaemia. Salt content can be reduced by using a low salt stock or low salt stock cube.

Nutrition per portion - 320g

Energy 390kcal	Fat 10.6g	Saturates 4.8g	Sugars 5.4g	Salt 1.2g	Protein 21.7g	Carbs 49.2g	Fibre 6g
20%	15%	24%	6%	20%	43%	19%	-

% of an adult's reference intake

If you enjoy the recipes, let us know email: rowettnews@abdn.ac.uk