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 4-5 hours

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

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<thead>
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<th>Energy</th>
<th>Fat</th>
<th>Saturates</th>
<th>Sugars</th>
<th>Salt</th>
<th>Protein</th>
<th>Carbs</th>
<th>Fibre</th>
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<tbody>
<tr>
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<td>390</td>
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<td>6%</td>
<td>20%</td>
<td>43%</td>
<td>19%</td>
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</tbody>
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% of an adult's reference intake

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