

GOOD-LIFE

Rose Veal

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Simply Stew

Ingredients:-

- 500g diced veal steak
- 1 large onion, chopped
- 2 sticks celery, diced
- 1 carrot, diced
- 1 cup cut green beans
- 1 can cream of mushroom soup
- 2 tsp oil
- 150ml water
- Salt and Pepper to taste

Method :-

1. Heat oil in a large pan and on a high heat, brown the diced veal.
2. Reduce to a medium heat. Add the onion and saute until soft.
3. Add the mushroom soup and water and bring to the boil.
4. Cover and simmer for 40 minutes
5. Add the vegetables, stir, cover and simmer until vegetables are soft.
6. Season to taste.
7. Serve with boiled rice or potatoes.