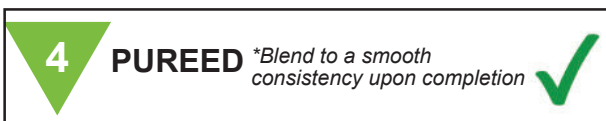


BEEF AND SWEET POTATO STEW



This recipe is suitable for the IDDSI levels with a tick ✓

THE IDDSI FRAMEWORK



NUTRITION

571Kcal
Per Serving

CONTAINS



WHEAT



CELERY



MILK

MAY CONTAIN



MUSTARD



EGGS



SOYA

This recipe serves 4

NUTRITION INFORMATION TYPICAL VALUES

Nutrient:	per 100g	per serving (561g)
Energy	429kJ/102kcal	2407kJ/571kcal
Fat	2.2g	12g
of which saturates	1g	5.4g
of which monounsaturates	0.8g	4.7g
of which polyunsaturates	0.2g	1g
Carbohydrate	10g	57g
of which sugars	2.6g	15g
of which polyols	0g	0.6g
of which starch	7.4g	41g
Protein	9.8g	55g
Salt	0.22g	1.2g
Zinc	2.5mg (25%)	14mg
Vitamin A (ret eq)	201ug (25%)	1129ug
Niacin total (B ₃)	11mg (69%)	11mg
Vitamin B ₁₂	0.48ug (19%)	2.7ug

BEEF AND SWEET POTATO STEW

High in Protein and source of:

- Niacin
- Zinc
- Vitamin A
- Vitamin B12

Sweet potatoes are healthy vegetables; they are filled with antioxidants and a good source of dietary fibre, potassium and vitamins. They are low in sodium, saturated fat and cholesterol.



INGREDIENTS

■ 2 leeks ■ 50g butter ■ 900g braising steak ■ 4 tablespoons plain flour ■ 400ml beef stock	■ 150ml fresh orange juice ■ 1 teaspoon paprika pepper ■ 750g sweet potato
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METHOD

- 1 Preheat the oven to 180 °C.
- 2 Peel and chop the sweet potatoes. Cut the meat into small pieces.
- 3 In a flameproof casserole, soften the leek in the butter. Roll the meat in the flour and brown with the leek.
- 4 Add the sweet potato, stock and orange juice, paprika pepper and bring to the boil.
- 5 Cover and transfer to the preheated oven for 2 hours or until meat is tender.
- 6 After cooking prepare dish to the required IDDSI level and serve.