**Bangin’ Beef Stew**

This is very popular in our house with the kids as well as the adults. I hope you like this too!

* Small amount of oil for frying
* 1 onion, diced
* 2 carrots, diced
* 2 sticks celery, sliced thinly
* 2-3 cloves garlic, crushed
* 500g braising steak
* 1 tsp cinnamon
* 500ml beef stock
* 2 tbsp tomato puree
* Large handful of parsley – chop the stalk and the leaves separately
* 1kg sweet potatoes, peeled and chopped
* Handful of cheese (optional)

Place the sweet potatoes onto the hob in water and boil until soft enough to mash.

While the potatoes are on the boil grab another pan and Heat the oil in it and gently fry off the onions, carrots and celery until they are soft. Add the meat, garlic and cinnamon and cook for another couple of minutes. Add the stock, tomato puree and the parsley stalks. Cover this and simmer for about one hour.

Meanwhile your potatoes should be ready to drain and mash. You should now heat up your oven to approx. 180’C

Go back to your beef stew after one hour and throw in the chopped parsley leaves, give it a quick stir and pour this all into a ceramic cooking dish. Top this with the mashed potato and the cheese. Place this into the oven for approx. 20 mins (everything is cooked so you are just warming through the potatoes and melting the cheese).

Serve as it is or with some steamed veg of your choice.