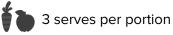
Wholesome Outback Stew

Serves: 10 Prep time: 15 minutes + 2-3 hours soak time Cook time: 2-3 hours



Ingredients

¹/₂ cup dried split peas
¹/₂ cup pearl barley
¹/₂ cup dried soup mix
1-1 ¹/₂ kg lean beef or lamb, diced
1 large sweet potato, cubed
500g pumpkin, cubed
4 medium potatoes, cubed
2 large onions, chopped
400g can four bean mix
400g can crushed tomatoes
3 tablespoons Worcestershire sauce
3 teaspoons Moroccan spice mix



Everyday Food

Method

SOAK split peas, barley and soup mix in water for 2-3 hours or overnight. Rinse before cooking. PREHEAT oven to 150°C.

ADD all ingredients into a large casserole dish with a lid. COOK in oven for 2-3 hours until tender.

Recipe courtesy of Fiona Owens, Longreach Branch

