

Wholesome Outback Stew

Serves: 10

Prep time: 15 minutes + 2-3 hours soak time

Cook time: 2-3 hours



3 serves per portion

Ingredients

½ cup dried split peas

½ cup pearl barley

½ cup dried soup mix

1-1 ½ 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

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.



Everyday Food

Recipe courtesy of Fiona Owens, Longreach Branch