

Rich beef & squash stew



DYNAMIX
HEALTH & FITNESS

2 tsps ghee or coconut oil
1 small red onion, finely chopped
1 small white onion, finely chopped
600g diced beef
400g butternut squash, peeled and cut into small cubes
3 garlic cloves, finely chopped
2 tbsps tomato purée
1 tsp dried oregano
600g tinned chopped tomatoes
2 organic beef or vegetable stock cubes

SERVES 4

Serving suggestion:

Serve with steamed vegetables of your choice.



PER SERVING:
348 Calories
24g Carbs
36g Protein
12g Fat

Heat the ghee/oil in a large saucepan over a medium heat. Add the red and white onions and sauté for 4-5 minutes, stirring occasionally.

Add the beef and fry for 4-5 minutes, stirring to brown on all sides.

Add the squash and cook for 5 minutes, stirring occasionally.

Add the garlic and fry for 2 minutes, stirring occasionally.

Add the tomato purée, oregano, tinned tomatoes and 300ml cold water. Crumble in the stock cubes.

Stir well, cover and cook for 1 hour or until the beef is tender. Stir occasionally during cooking time.

Store any leftovers in an airtight container and refrigerate for up to 3 days or freeze on same day.

