FFC
FIT FAST COOK
HOMEMADE IS HEALTHY

Lighter Greek Beef Stifado



Serves	Prep Time	Cooking	Total Time	Calories
0 people	**20 minutes**	**2 hours (mostly hands off)**	**2 hours 20 mins**	**575 kcal**

Stuff that's in it:

• 650G Lean Stewing Steak/ Braising Steak (Cubed, Visible Fat Removed)

• 1 Tbsp Olive Oil

• 500G Shallots (Peeled And Halved/Quartered)

• 3 Garlic Clove (Chopped)

• 1 Cinnamon Stick

• 2 Bay Leaves

• 1 Tsp Ground Allspice

• 1 Tsp Dried Oregano

• 1 Can Chopped Tomatoes

• 2 Tbsp Tomato Puree

• 200Ml Beef Stock

• 2 Tbsp Red Wine Vinegar

• 1 Tsp Sugar

• Pinch Salt And Pepper

• Mash

• 800G Floury White Potatoes (Maris Piper/King Edward) (Peeled, Chopped)

• 400G Sweet Potatoes (Peeled, Chopped)

• 40Ml Semi Skimmed Milk

• 20G Butter

• Pinch Salt And Pepper

What you do:

Heat a large casserole pan and add the olive oil. Brown the beef all over in batches, then set aside.

In the same pan, add the shallots and cook until lightly golden. Stir in the garlic, cinnamon stick, bay leaves, oregano, and allspice.

Return the beef, then stir through the tomato purée. Pour in the chopped tomatoes, beef stock, vinegar, and sugar. Season with salt and pepper, bring to the boil, then cover and simmer gently for about 2 hours until the beef is tender. Stir occasionally and add a splash more stock or water if it looks dry.

Meanwhile, make the mash. Boil the white potatoes for 20–25 minutes until soft. In a separate pan, boil the sweet potatoes for 12–15 minutes. Drain both, then mash together with the butter, milk, salt, and pepper until creamy.

Serve generous scoops of mash with a ladle of the rich, spiced beef and shallots over the top. Add a sprig of parsley or oregano if you want to go full Greek taverna.

Serves 4

Freezer friendly: Yes (stifado freezes well, mash is best fresh but can be frozen if needed)

Vegetarian: No (but you could swap beef for a plant-based ‘beef’ and use veg stock)

Gluten free: Yes

Batch cook: Yes

Nutrition

• Carbs: 55g

• Fat: 13g

• Protein: 41g

• Fibre: 8g

• Saturated Fat: 4g

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