

# Tin Can Stew



*This recipe does use a few fresh ingredients, but mostly lots of tinned foods and store cupboard ingredients. Feel free to add any extra leftover vegetables!*

## Ingredients

**Serves 4**

- 1 onion
- 1 tbsp. oil
- 1 garlic clove (or 1 tsp garlic paste)
- 1 tin carrots
- 1 tin new potatoes
- 1 tin stewed steak (optional)
- 1 tin mushrooms
- 500ml vegetable stock (1 stock cube)
- 1 tbsp. Worcestershire sauce
- Handful/sprinkle of fresh/dried herbs (E.g. rosemary, thyme, parsley etc.)

## Method

1. Finely chop the onion and add it to a large saucepan with the oil and garlic. Fry for a few minutes until the onion is starting to brown.
2. Drain the carrots, mushrooms and potatoes, chop them up into smaller chunks.
3. Add them to the pan along with the tin of stewed steak. Give it all a good mix.
4. Then, add the stock and Worcestershire sauce and pop the lid on. Leave this to simmer for 20 minutes to let all the flavours infuse.
5. At the end, add any herbs you have decided to use. Give it a last mix then serve hot with some bread.

