



# The Welcome Centre

food bank and more...



## **Corned Beef Stew**

Preparation time 10 minutes - Cooking time 20 minutes

### **Ingredients**

- 1 x tin of corned beef (or other cooked meat)
  - 1 x tin of vegetables
  - 1 x tin of sweetcorn
  - 1 x tin of potatoes
  - 1 x stock cube or gravy granules
- (Fresh vegetables could be used instead of tinned)**

### **Method**

- 1) Drain the vegetables.
- 2) Chop the potatoes into cubes.
- 3) Chop the corned beef into cubes.
- 4) Add all the ingredients into a pan.
- 5) Dissolve the stock cube in  $\frac{1}{2}$  cup of boiling water and add to the pan.
- 6) Heat gently and simmer for a few minutes to thicken.
- 7) Serve with a slice of bread.