

# Neapolitan Beef



## Ingredients

- 675g (1½lb) British braising steak, cubed
- 1 x 15ml sp (1tbsp) oil
- 2 onions, chopped
- 1 clove garlic, crushed
- 397g (14oz) can chopped tomatoes
- 300ml (½pt) red wine or stock
- 2 x 15ml sp (2tbsp) fresh herbs, chopped or 1 x 15ml sp (1tbsp) dried mixed herbs
- 1 x 15ml sp (1tbsp) tomato ketchup
- Salt and black pepper
- 1 red pepper, seeded and cubed
- 1 courgette, sliced
- 1 small aubergine, cut into chunks

## Method

1. Heat the oil in an ovenproof cassrole
2. Add onions and garlic and cook until softened
3. Add the beef and cook until browned
4. Add the tomatoes, wine or stock, herbs, ketchup and seasoning. Bring to the boil
5. Cover and cook in a preheated oven for 1½ hours
6. Remove from the oven and stir in the pepper, courgette and aubergine
7. Cover and return to the oven for a further 30 minutes, stirring halfway
8. Serve with pasta shells

**Serves 4**

**Cooking time: Approximately 2 hours**

**Temperature: Gas Mark 3, 170°C, 325°F**

Copyright © T.Harper & Son Limited (1996 - 2007). All rights reserved.