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FRIDGE HARVEST STEW

Use up leftover meat and wilting greens with this hearty stew!
lovefoodhatewaste.co.nz



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FRIDGE HARVEST STEW

SERVES
4

PREP 10 MIN COOK 20 MIN

Suggested ingredients

2 large garlic cloves, chopped
¼ cup extra-virgin olive oil
1 tin crushed tomatoes
2 cups beef stock
2 tins cannellini beans, drained and rinsed (or other types of beans of your choice)
200-300g leftover cooked meat, finely chopped
¼ tsp black pepper
¼ tsp salt
1 bag or about 10 cups spinach or rocket

Check your fridge for leftover meat and wilting greens.

In a large pot, sauté garlic in olive oil until golden, 1-2 minutes. Add in tinned tomatoes and beef stock.

Stir in beans, meat, salt and pepper. Bring to a boil.

Reduce heat and simmer, uncovered, 5 minutes. Stir in greens and cook until they soften (approx 1-2 minutes).

TIP Toast stale bread in the oven and serve as an accompaniment!

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