FRIDGE HARVEST STEW

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

DID YOU KNOW
Nearly half the food we throw away could have been eaten. That costs the average Kiwi family over $560 per year.

FRIDGE HARVEST STEW

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

DID YOU KNOW
Nearly half the food we throw away could have been eaten. That costs the average Kiwi family over $560 per year.
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!