



LOVE
FOOD
hate waste
NEW ZEALAND

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



LOVE
FOOD
hate waste
NEW ZEALAND

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



LOVE
FOOD
hate waste
NEW ZEALAND

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



LOVE
FOOD
hate waste
NEW ZEALAND

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



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!

find more recipes at:
 @lfhw_nz | Find us on  | lovefoodhatewaste.co.nz



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!

find more recipes at:
 @lfhw_nz | Find us on  | lovefoodhatewaste.co.nz



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!

find more recipes at:
 @lfhw_nz | Find us on  | lovefoodhatewaste.co.nz



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!

find more recipes at:
 @lfhw_nz | Find us on  | lovefoodhatewaste.co.nz