

Corned Beef Stew

It takes less than half an hour to make this easy stew. If you keep the ingredients in your store cupboard you can quickly prepare it when you arrive home later than expected and find the family clamouring for a meal. You could use drained canned new potatoes if you do not have fresh ones available. They will not need to be cooked – just place in a pan with the soup, corned beef and beans and heat through.

450g / 1 lb potatoes, weighed peeled

283g / 10oz can low-calorie soup, Beef and Vegetable or Oxtail

350g / 12oz can corned beef

454g / 16oz can baked beans in tomato sauce

Cut the potatoes into small cubes and place in a saucepan with the soup. Bring to the boil, cover the pan and simmer gently for 15 minutes until the potatoes are just tender. Cut the corned beef into bite-sized pieces and add to the saucepan with the baked beans. Stir gently, taking care not to break up the potatoes. Heat through, stirring occasionally.

Serves 4 / 385 calories

3.5 fat units / 10.7 grams fibre per portion