

# Vegetable stew with beef

Savoury

level 

 1

 40 min



## Ingredients

100 ml	Fresubin 2 kcal DRINK Neutral
120 g	beef
50 g	cauliflower, deep-frozen
50 g	carrots, fresh, ready-to-cook
50 g	celery, fresh, ready-to-cook
50 g	peas, deep-frozen or fresh
100 g	potatoes
5 g	butter (1 level teaspoon)
	salt, pepper, chopped parsley, meat stock

## Nutritional information per serving:

Energy .....	579 kcal
Protein .....	42.3 g
Fat .....	23.3 g
Carbohydrate .....	48.8 g
Fibre .....	0.0 g



## Alternative products:

Fresubin® Energy DRINK

## Preparation

Bring seasoned meat stock to the boil and add beef diced into small cubes. Dice carrots, celery and potatoes into small cubes and add to the beef. Also add the peas and cauliflower, separated into florets, and the butter and allow to cook until done.

Fill up with Fresubin 2 kcal DRINK Neutral and season.

Sprinkle with chopped parsley before serving.

## TIP:

Depending on the season, you can add or substitute the vegetables with cabbage turnips, green beans, leek or broccoli.