



BEETROOT BOURGUIGNON

-  **Prep: 15 minutes**
-  **Cook: 40-45 minutes**
-  **Serves: 4**

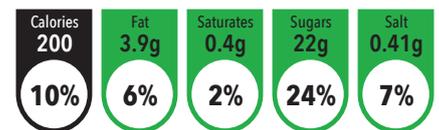
INGREDIENTS:

- 1 tbsp oil
- 1 onion, chopped (180g)
- 1 carrot, sliced (180g)
- 1 leek, thickly sliced (170g)
- 1 bunch raw beetroot, approx. 600g, peeled and diced
- 3 sprigs thyme, plus extra for garnish
- 150ml red wine
- 1 very low salt organic vegetable stock cube
- 400g can chopped tomatoes
- ½ tsp **LoSalt**

METHOD:

1. Heat the oil in a large saucepan and fry the onion, carrot, leek, beetroot and thyme for 10 minutes, covered. Stir in the wine and cook until reduced by half. Dissolve the stock cube in 300ml boiling water.
2. Add the tomatoes, stock and LoSalt and season with black pepper. Cover and simmer for 40-45 minutes, stirring occasionally until tender. Serve with mash or rice sprinkled with extra thyme leaves.

Each serving contains



of your guideline daily amount

COOKS TIP:

Great to cook in advance and ready to reheat. Freeze in individual portions for a quick vegan supper.