

## easy to use meal ideas

### Quick Irish Stew - Greek Style

3 cups of vegetable stock  
2 sticks of sliced celery  
5 sliced carrots  
5 diced potatoes  
1 chopped onion or 2 chopped shallots  
4 diced medium zucchinis  
chopped parsley to taste  
1 teaspoon of minced garlic  
1 tin of tomatoes  
1 tin of kidney beans  
500g of cooked lamb yiros

Saute onion and celery in butter or olive oil. After 10 minutes, add carrot and stir well. Then add vegetable stock and bring to the boil for approx 5 minutes. Add cooked lamb yiros meat, drained kidney beans, tomato, zucchini and potatoes. Stir well. Bring to the boil and simmer for approximately half an hour, stirring occasionally. Add parsley before serving.

### Renee's Spectacular Chicken Curry

1 kilo of meatright diced chicken thigh fillets  
1 chopped onion  
1 chopped capsicum  
½ chinese cabbage  
1 litre Real Vegetable stock  
1 jar Tikka Masala  
1 tin of bamboo shoots  
1 tin of coconut milk

Brown the meat, sauté the vegetables, add the rest into pot, bring to the boil and simmer ½ hour. Add coconut milk five minutes prior to serving. Serve with rice and green salad.

### Beef Goulash

Salt & pepper  
2 chopped leeks  
4 Potatoes peeled and cubed  
1 kilo of cubed beef  
2 packets of Continental Beef Goulash  
1 can of crushed tomatoes  
1 ½ cans of water

Brown meat, sauté vegetables, add the rest into pot, bring to the boil and simmer ½ hour. Occasionally some may require thickening prior to serving depending on desired consistency. Just add 3 teaspoons of cornflour into a paste of water and stir in on a low heat. Take care not to turn it into glue or have lumps.