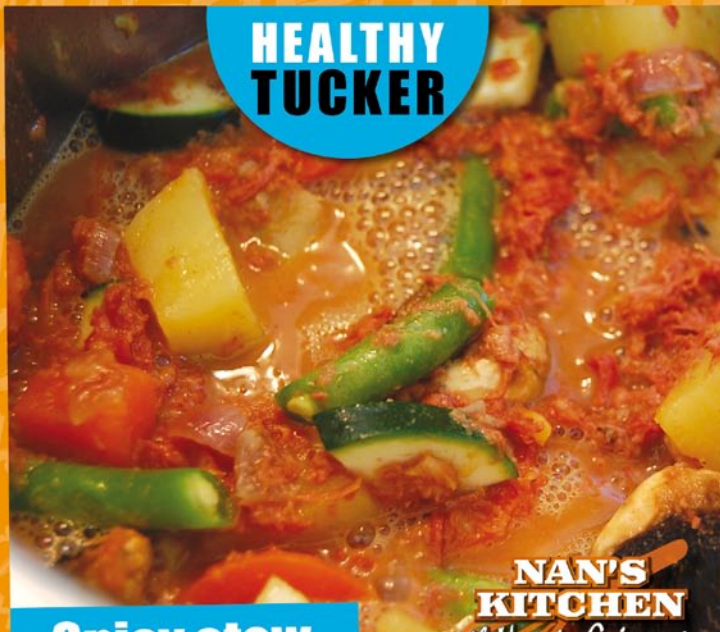


MY NAME

Healthy Tucker – Food Focus: ‘Bully Beef Stew’ page 27



Spicy stew

Tinned corned beef is the key ingredient of Bully Beef Stew. It's a one-pot dish that's extremely tasty and convenient. My dad used to make it for us when we went out camping around Agnes Water in Central Queensland, but there's no need to go camping to make it. Look for the 'Lite' tinned corned beef, which has less fat and salt, then add heaps of vegetables and serve it over brown rice for a healthy bush meal. It's also a warm and hearty dish to have at home in winter. If the kids don't like too many vegetables, grate them into the dish instead (it won't take as long to cook either). You can add any winter vegetables you like: celery, radish and tinned vegetables like beans, lentils or carrots. I prefer to add 2 dessertspoons of Keen's Mild Curry Powder, too, to make it a bit spicy!

Bully Beef Stew (serves 6)

INGREDIENTS

- * 1 can Lite corned beef 
- * 3 medium potatoes, cubed 
- * 200 grams cubed sweet potato 
- * 1 carrot, halved and sliced 
- * 100 grams green beans, cut into thirds 
- * 1 large zucchini, halved and sliced 
- * 2 cloves garlic, finely chopped 
- * 1 large onion, chopped 
- * 1 dessertspoon of Vegemite (acts like stock) 
- * 1 teaspoon curry powder 
- * 1.5 cups of water

METHOD

- 1 Put all your ingredients in a pot and bring to a boil, stirring occasionally.
- 2 Adjust your fire to simmer until all your potatoes are cooked through or no more than 45 minutes.
- 3 Serve with wholemeal bread or brown rice.

BEEF

a good source of minerals.

FOOD FOCUS



Beef is the meat that comes from cattle and has been eaten by humans since ancient times. In fact, some of the earliest European cave paintings depict images showing the hunting of cattle. Domestication of cattle occurred around 800BC, and today, beef is one of the most commonly eaten meats in the world. Beef is a good source of minerals like zinc, selenium, phosphorus, iron and B









vitamins and it is also high in creatine and protein. Because red meat contains higher levels of cholesterol and fat than other types of meat, it is often viewed as being unhealthy. However, in moderation, beef can be a worthwhile addition to most diets. Different cuts of beef also have different nutritional and health values. Going for lean meat (without fat) is always the healthier option.

ACTIVITY 1 MATCHING WORDS AND PICTURES

Ingredients are what go into your recipe.

Some of the ingredients of this recipe are corned beef, potatoes, sweet potatoes, carrot, beans, zucchini, garlic and onion.

Match the names of these ingredients with the pictures. The first one has been done for you.

sweet potatoes	
beans	
potatoes	
tinned corned beef	
zucchini	
onion	
carrot	
garlic	

ACTIVITY 2 READING AND WRITING A RECIPE

The METHOD gives you all the steps to make the recipe.

Step 1:

Put all your ingredients in a pot.

Cut the sentence into its words.

Mix them up and match them with the words in the sentence.

Put	all	your	ingredients
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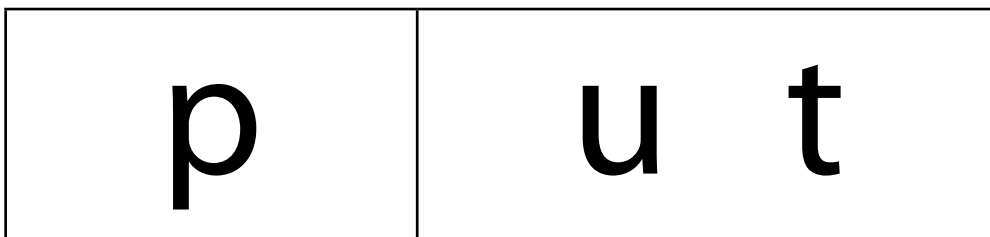
in	a	pot	.
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Practise writing the sentence below.

ACTIVITY 3 SPELLING

Cut the word put into its letter patterns.

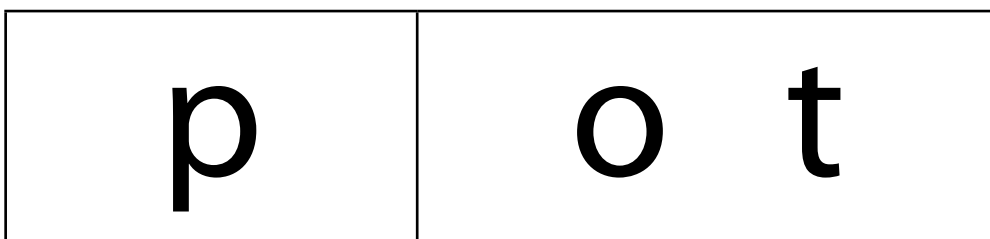
Mix them up and put them back together.



Practise writing put three times.

Cut the word pot into its letter patterns.

Mix them up and put them back together.



Practise writing pot three times

ACTIVITY 4 HOW MANY WORDS?

How many words can you make from the word **ingredients** ?
