


Butter Bean Gravy Stew

Background

This stew has a luxurious rich gravy sauce and goes well with steamed long-grain rice, or over mashed potato with some steamed seasonal vegetables and cauliflower cheese on the side.



Portion sizes		Nutrients per 100g	
Population Group	Portion size (g)	Nutrient	Amount Units
Primary, 7-10 yrs	207	Energy	71.2 kcal
		Fat	4.1 g
Secondary, 11-18 yrs	276	SatFat	0.5 g
		Carb	6.6 g
		NMES	0.2 g
		Fibre	1.8 g
		Prot	2.4 g
		Iron	0.9 mg
		Calc	13.3 mg
		Vit A	13.9 µg
		Fol	18.8 µg
		Vit C	5.2 mg
 Time 30 minutes		Sodium	450.2 mg
		Zinc	0.3 mg

Taken and adapted from *Food* by Mary McCartney, published by Random House

Method

1. In a large saucepan or a large frying pan with deep sides, heat the oil and gently sauté the leeks for 5-8 minutes, until they are soft and starting to turn golden.
2. Stir in the mushrooms and soy sauce, and fry for a further 5 minutes. Stir in the butter beans, and herbs, and allow them to heat through for a couple of minutes.
3. Then mix together the cornflour and cold vegetable stock and pour this into the stew, stirring all the time to ensure it doesn't go lumpy. Simmer gently for 10 minutes, stirring often, until the mixture has thickened to a creamy consistency.
4. Check the seasoning and add a little pepper if required.
5. Add a spoonful of crème fraîche or soured cream and freshly ground black pepper on top.

Ingredients

Gastronorm	1 x quarter 1/1	1 x half 1/1	1 x 1/1	2 x 1/1
Primary portions	4	8	16	32
Secondary portions	3	6	12	24
vegetable oil	30g	60g	120g	240g
leeks, trimmed, washed and chopped	200g	400g	800g	1600g
mushrooms, thinly sliced	100g	200g	400g	800g
butter beans (canned), drained and rinsed	400g	800g	1600g	3200g
soy sauce	15g	30g	60g	120g
parsley, fresh, chopped	20g	40g	80g	160g
cornflour	15g	30g	60g	120g
vegetable stock	10g	20g	40g	80g
water	300 ml	600ml	1200ml	2400ml
pepper, black, to taste	2g	4g	8g	16g



Serving suggestion

Steamed long-grain rice or mashed potato with steamed seasonal vegetables and cauliflower cheese