

## WINTER WARMERS THREE ONE POT MEALS TO CHASE THE COLD AWAY!

A steaming bowl of soup, stew, or chilli will warm the body fast. These Comfort foods chase away the winter blues and helps you to stay warm!



### Potato, leek and bacon soup

#### Ingredients:

80g butter  
200g bacon, diced  
5 leeks, washed and thinly sliced  
2 cloves garlic, finely chopped  
4 stalks celery, finely chopped  
3 teaspoons fresh thyme leaves  
1 bay leaf  
750g potatoes, peeled and cubed  
6 cups chicken stock (or 2 stock cubes & 1.5 litres water)  
Salt and pepper to taste  
½ cup sour cream  
Thyme sprigs or chopped parsley to garnish

#### Method:

Melt the butter in a large saucepan over medium heat. Add the bacon, cook 2 minutes. Add the leeks and garlic, cook for 5 minutes, stirring regularly. Stir in the celery, thyme and bay leaf, cook 2 minutes. Add potatoes, stock and seasoning. Bring to the boil, then reduce heat and simmer until potatoes are tender, about 20minutes. Remove soup from heat. Thin the sour cream with a little hot stock and then whisk this mixture into the soup. Taste and adjust seasoning. Serve immediately in warm bowls. Garnish with thyme.



## **Irish Beef Stew**

(It's the addition of Guinness and Red Wine that makes this so rich and special!)

### **Ingredients:**

2oz olive oil  
1 1/4 pounds well-marbled chuck beef stew meat, cut into 1-inch pieces (NOT extra-lean)  
6 large garlic cloves, minced  
3 pints beef stock (can be made with stock cubes)  
1/2 pint Guinness beer  
1 glass of red wine  
2 tablespoons tomato paste  
1 tablespoon sugar (or to taste)  
1 tablespoon dried thyme  
1 tablespoon Worcestershire sauce  
2 bay leaves  
2 tablespoons butter  
3 pounds russet potatoes, peeled, cut into 1/2-inch pieces  
1 large onion, chopped  
2 peeled carrots cut into 1/2-inch pieces  
Salt and Pepper  
2 tablespoons chopped fresh parsley

### **Method**

1 Heat olive oil in heavy large pot over medium-high heat. Lightly salt the beef pieces. Working in batches if necessary, add the beef (do not crowd the pan, or the meat will steam and not brown) and cook, without stirring, until nicely browned on one side, then use tongs to turn the pieces over. Continue to cook in this manner until all sides are browned, about 5 minutes. Add garlic and sauté 1 minute. Add beef stock, Guinness, red wine, tomato paste, sugar, thyme, Worcestershire sauce and bay leaves. Stir to combine. Bring mixture to boil. Reduce heat to medium-low, then cover and simmer 1 hour, stirring occasionally.

2 While the meat and stock is simmering, melt butter in another large pot over medium heat. Add potatoes, onion and carrots. Sauté vegetables until golden, about 20 minutes. Set aside until the beef stew in step one has simmered for one hour.

3 Add vegetables to beef stew. Simmer uncovered until vegetables and beef are very tender, about 40 minutes. Discard bay leaves. Tilt pan and spoon off fat. Transfer stew to serving bowl. Add salt and pepper to taste. Sprinkle with parsley and serve. (Can be prepared up to 2 days ahead. Cool slightly. Refrigerate uncovered until cold, then cover and refrigerate. Bring to simmer before serving.)

Serves 4 to 6.

Fabulous served with crusty bread, Irish Soda Bread (Brown or White) or Creamy mashed potatoes!



## Easy Vegetarian Chilli

### Ingredients:

1 tablespoon vegetable oil  
1 chopped onion  
2 chopped carrots  
3 cloves garlic, minced  
1 chopped green pepper  
1 chopped red pepper  
3/4 sticks chopped celery  
1 tablespoon chilli powder  
½ lb chopped fresh mushrooms  
1 can whole peeled tomatoes with liquid, chopped  
1 can kidney beans with liquid  
1 can sweetcorn, undrained  
1 tablespoon ground cumin  
1/2 teaspoons dried oregano  
1/2 teaspoons dried basil

### Method

1. Heat oil in a large saucepan over medium heat. Sauté onions, carrots, and garlic until tender. Stir in green pepper, red pepper, celery, and chilli powder. Cook until vegetables are tender, about 6 minutes.
2. Stir in mushrooms, and cook 4 minutes. Stir in tomatoes, kidney beans, and corn. Season with cumin, oregano, and basil. Bring to a boil, and reduce heat to medium. Cover, and simmer for 20 minutes, stirring occasionally.