

Heart Foundation  
2017 Local  
Government  
AWARDS  
Tasmanian Winner  
Councils with populations  
10,000–50,000

An Initiative of the Central Coast  
Local Food Security Strategy

# Healthy Food Recipes

## Hearty Beef Casserole

Serves 4

Fresh lean beef is rich in vitamins and minerals, especially iron and zinc, and is therefore recommended as part of a healthy diet.



### Ingredients | Method

1 MasterFoods® Hearty Beef Casserole Simmer Sauce 495g  
Canola oil spray  
500g lean beef, diced or stir-fry beef strips  
1 cup frozen mixed vegetables  
SunRice Long Grain White Premium Rice 1kg

- 1 Spray a pan with canola oil and heat, add beef and cook until brown.
- 2 Add mixed vegetables and MasterFoods® Hearty Beef Casserole Simmer Sauce and simmer uncovered for five minutes or until vegetables are soft and the sauce is heated through.
- 3 Serve with rice (cooked as per instructions on pack) or mashed potato.

Recipe courtesy of Australian Red Cross,  
attributed to Woolworths Ltd.



### Recipe #30 – courtesy of Ulverstone Neighbourhood House and Australian Red Cross

Ulverstone Neighbourhood House brings local people together to address what opportunities or needs exist in their community.

The Council is partnering with the House and the Australian Red Cross to deliver the FoodREDi food education program on Weds from 18 October to 22 November. FoodREDi programs aim to create an enjoyable experience cooking and eating together, and along the way gain an understanding of basic nutrition, food safety and how to eat healthily on a limited budget.

The House regularly receives fruit, vegetables and other supplies that are provided free of charge or at low cost to local residents. Visit the Food Shed on Tues and Thurs between 3pm and 4pm. Phone 6425 4186 for more information.



8-10 Lugana Crescent, West Ulv.  
Ph. 6425 4186  
Open Mon–Fri | 9:30am–4pm  
<https://www.facebook.com/ulverstoneighbourhoodhouse/>



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The Healthy Food Recipes campaign is part of the Central Coast Local Food Security Strategy available for download on the Council Facebook and website at [www.centralcoast.tas.gov.au/healthy-food-recipes/](http://www.centralcoast.tas.gov.au/healthy-food-recipes/) Also see link to Eat Well Tasmania's *What's In Season* guide.

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For more healthy eating, visit [www.eatwelltas.org.au](http://www.eatwelltas.org.au)