



BEEF & PUMPKIN STEW

Kids and grown-ups will love this family friendly stew. Served in a pumpkin it even saves on the washing up!

Although often thought of as a vegetable, pumpkins are actually a fruit. The average yield of pumpkins in the UK is 4,250 per acre. In 2016, the UK grew 3,523 acres of pumpkins, which equals 14,972,750 pumpkins! Pumpkins come in all different colours, including green, white and blue.

INGREDIENTS

1kg Beef stewing steak	2 tsp Salt
2 tsp Sunflower oil	1/2 tsp Pepper
3 Potatoes (large & cut into 2cm cubes)	375g Tomatoes (chopped or tinned)
2 Carrots (sliced)	1 Pumpkin (large)
1 Green pepper (diced)	1 Onion (medium & chopped)
4 Garlic cloves (minced)	

METHOD

1. Preheat the oven to 180°C/350°F/160°C Fan
2. Brown the meat in 2tsp of oil
3. Pour in the water and add in the, potatoes, carrots, pepper, garlic, onion, salt and pepper
4. Cover and simmer for 2 hours
5. Add the tomatoes and stir thoroughly
6. Wash the pumpkin and cut a 6–8 inch circle around the top of the stem
7. Remove the top and set aside
8. Discard seeds and fibres from inside
9. Place the pumpkin in shallow baking dish.
10. Spoon the stew into the pumpkin and replace the top and brush it with oil
11. Bake in the oven for 2 hours at gas mark 4/180°C/350°F/200°C Fan
12. Serve the stew straight from the pumpkin