

CLASSIC BEEF AND TOMATO Stew

4-6 servings

6	potatoes, peeled and cubed	6
2 tbsp	PASTENE Pure Olive Oil	30 mL
1	medium onion, chopped	1
2 lb	diced boneless beef	1 kg
1	can (28 fl. oz/796 mL) PASTENE "Kitchen Ready" Ground Tomatoes salt and pepper	1

- Preheat oven to 350°F (180°C).
- In a baking dish, coat potatoes with olive oil. Add onion and diced beef. Mix well and bake for about 30 minutes.
- Add tomatoes and mix well. Add salt and pepper to taste; return to oven to cook for another 30 minutes, or until beef is tender.
- Serve with cooked PASTENE Italian Arborio Rice, if desired.

LAMB with Sundried Tomatoes

4 servings

2 tbsp	PASTENE Extra Virgin Olive Oil	30 mL
4	slices of leg of lamb	4
1 tbsp	chopped fresh rosemary	15 mL
1	onion, chopped	1
1	zucchini, chopped	1
½ cup	PASTENE Sundried Tomatoes in Oil, drained and chopped PASTENE Spaghetti, cooked and still hot salt and pepper	125 mL

- Preheat oven to 375°F (190°C).
- Heat oil in a skillet over medium heat and brown lamb on both sides. Sprinkle with rosemary. Place in baking dish and bake in oven 6-7 minutes or until done to taste.
- Meanwhile, in same skillet, cook onion and zucchini for 5 minutes. Add sundried tomatoes, and salt and pepper to taste. Cook for 5 minutes.
- Serve lamb and vegetables with cooked spaghetti.

