

Lean Beef and Sweet Potato Comfort Stew

A nourishing one-pot stew combining protein-rich lean beef with fiber-packed sweet potatoes—designed to keep blood sugar steady while delivering maximum comfort and satisfaction.

Prep: 20 min

Cook: 60 min

Total: 80 min

Servings: 4

GL 17.4 / GI 36

Ingredients

sunflower oil

large onion, chopped

large carrot, chopped

celery stick, sliced

lean minced beef

tomato purée

mushroom ketchup

canned chopped tomatoes

sweet potato, peeled and cut into large chunks

fresh thyme sprigs

bay leaf

fresh parsley, chopped

Savoy cabbage, for serving

Instructions

Step 1

Warm the sunflower oil in a large, heavy-bottomed pot or Dutch oven over medium heat. Once shimmering, add the chopped onion, carrot, and celery to the pot.

Step 2

Cook the vegetables gently for about 10 minutes, stirring occasionally, until they soften and the onion becomes translucent. This sweating process builds the flavor foundation for your stew.

Step 3

Increase the heat to medium-high and add the lean minced beef to the pot. Break it apart with a wooden spoon and cook for 5-7 minutes until the meat is browned throughout with no pink remaining.

Step 4

Stir in the tomato purée and cook for 2-3 minutes, allowing it to caramelize slightly and deepen in color. This concentrates the tomato flavor and removes any raw taste.

Step 5

Add the Worcestershire sauce, canned chopped tomatoes, sweet potato chunks, thyme sprigs, and bay leaf to the pot. Pour in 400ml of water (approximately one can's worth). Season generously with salt and freshly ground black pepper.

Step 6

Bring the mixture to a vigorous boil, then immediately reduce the heat to low. Cover partially and simmer gently for 40-45 minutes, stirring every 10-15 minutes to ensure the sweet potatoes cook evenly and don't stick to the bottom.

Step 7

Test the sweet potatoes with a fork—they should be tender but not falling apart. Remove and discard the bay leaf and thyme stems. Stir through the freshly chopped parsley. Taste and adjust seasoning if needed.

Step 8

Serve the stew in deep bowls over a generous portion of steamed Savoy cabbage. For best blood sugar management, eat the cabbage first, then enjoy the stew. The fiber from the vegetables will help moderate glucose absorption. Each serving should be approximately 350g of stew.