



Recipe provided courtesy of McCormick Foods Australia.

## ROAST VEAL RACK WITH GREEN BEANS

**Serves: 6**

**Preparation time: 15 minutes**

**Cooking time: 4 hours**

✓ Source of iron

### Ingredients

1.2 kg veal rack, bone in,  
trimmed of fat

1 x 40g sachet McCORMICK Slow  
Cookers Roast Beef with Onion Gravy  
¼ cup (65ml) water

1 x 400g can no added salt crushed  
tomatoes

2½ cups green beans

125g can chickpeas, drained

4 cups cooked brown rice (to serve)

### Method

1. Brown veal rack then add to Slow Cooker insert pot. Mix McCORMICK Slow Cookers Roast Beef with Onion Gravy sachet with water and crushed tomatoes and pour over veal rack and cover.
2. Cook for 4 hours on high or 8 hours on low. Do not remove the lid while cooking. Add green beans and chick peas 10 minutes before finishing. (Keep covered during cooking). Cooking times may vary between Slow Cooker models.
3. Serve veal rack with rice on the side.

Nutrition information	Per serve
Energy (21% DI)	1869kj
Fat	5g
Saturated fat	1g
Carbohydrate	47g
Fibre	5g
Sodium	441mg