

## **Condiments for Slow Cooker recipes**

Salt

Black pepper

Sunflower oil

Mixed herb

Beef stock cubes

Tomato puree in a tube

Curry powder

Garlic in a tube

Gravy granules (good way to thicken stew or sauce)

## **Beef Stew**

### **Ingredients**

2 table spoons of oil

1 onion chopped

2 sticks of celery chopped

3 carrots peeled and chopped into chunks

2 table spoons of tomato puree

2 beef stock cubes made up in 600ml of boiling water

2 tea spoons mixed herbs

Salt and pepper

2-3 tea spoons of gravy granules

800g beef pieces

Serve with mashed potato

(Frozen Mash- follow the instructions on the pack)

### **Method**

1. Turn on the slow cooker to warm up. Low if you are going to cook your stew all day or high if you want the stew to cook in 4 hours.
2. Fry the onion and celery in a little oil in a frying pan until softened – about 5 minutes.
3. Add these the carrots, herbs, tomato puree and beef stock into the slow cooker. Then add some pepper. Don't add any salt until the end as the stock cubes are quite salty and it may make you stew a bit too salty.

4. In a little more oil fry the beef pieces till they are brown. Do this in small batches to get the best result. This will make the gravy a good brown colour. Put the beef into the slow cooker and give the ingredients a stir and put on the lid and leave to cook for 8-10 hours on low or 4 hours on high. The meat should be nice and soft by this time. Just before serving you may want to check the flavour of your stew and add a little more salt if needed and thicken the gravy by stirring in the gravy granules until the gravy is how you like it.
5. Serve with mashed potato