

# Beef Stew

## Ingredients

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- 400g diced beef
  - 2 tbsp flour
  - 2 tbsp oil
- 6 carrots, diced
- 1 swede, diced
- 2 large onions, quartered
- 100g mushrooms, quartered
  - 4 large potatoes, diced
  - 4 beef stock cubes
  - 2 bay leaves
- Dash of Worcester sauce
- 2 tbsp beef gravy granules

## Method

- 1.** Put the flour and beef in a freezer bag and shake to coat.
- 2.** Heat oil in a pot and add beef and brown.
- 3.** Put 2 litres of water into the pot and scrape to deglaze the pan.
- 4.** Add all the ingredients, except the gravy granules, to the slow cooker and cook on high for 6 - 8 hours. Or simmer for 1.5 hours on the stove top.
- 5.** Add the gravy granules in and mix through.
- 6.** Cook for a further 30 minutes in the slow cooker or 10 minutes on the stove top to thicken the gravy.