Beef and Veggie Stew

Ingredients

6-8 baby onions

2 carrots

8 small mushrooms

500g lean stewing beef

1 x 15ml spoon oil

1 x 15ml spoon flour

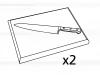
600ml stock (water and beef stock cube)

1 bay leaf

1 x 5ml spoon thyme



Equipment











Method

- 1. Prepare the vegetables:
 - peel the onions;
 - peel and chop the carrots;
 - slice the mushrooms in half.
- 2. With a fresh knife on a clean chopping board, dice the beef.
- 3. Brown the beef in the oil in a saucepan.
- 4. Stir in the flour, so each piece of beef is covered.
- 5. Add in the onions, carrots and mushrooms.
- 6. Pour in the stock and add the bay leaf and thyme.
- 7. Bring to the boil and reduce to a simmer. Cover with the lid and cook for 1 hour.

Top Tips

- · Serve the stew with boiled or mashed potatoes.
- · Add some more vegetables such as parsnips, peas or broad beans to the stew.
- · Have some peas or sweetcorn on the side.

Skills

Handling raw meat 5 Using a knife Using the hob



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