



## HEARTY BEEF STEW

**Serves**  
8-10

**Prep**  
15-20 minutes

**Cook**  
4-8 hours

### Method

Heat the oil in the slow cooker bowl and brown the beef in batches. Then add all of the other remaining ingredients into the bowl before placing it into the slow cooker

Then cook the stew on either low for 8 hours or on high for 4-6 hours

### Ingredients

- 1kg diced beef
- 3 tbsp vegetable oil
- 2 carrot, cut into approx. 2cm pieces
- 2 onion, cut into approx. 2 cm pieces
- 1 sprig rosemary
- 2 sprigs thyme
- 2 bay leaves
- 1 tbsp tomato puree
- 1 litre hot beef stock
- 1 tbsp corn flour