



Chunky Beef and Potato Stew

Cooked in the Thermal Cooker



Ingredients

700g Lean, large diced beef

1 Large onion, cut into 1-inch chunks.

4 Medium potatoes, peeled and chopped into large bitesize pieces.

200g Mushrooms, halved.

6 Fresh tomatoes, Roughly chopped

2 Large carrots, cut into chunks.

Beef stock.

2 tsp Worcester sauce.

1 tsp Oregano.

2 tbsp Plain flour.

2 tbsp Olive oil.

Salt and pepper for seasoning.

Method

Season the beef with the salt and pepper.

In a large frying pan, heat 1 tablespoon of the olive oil over medium-high heat until hot and shimmering. Brown off the meat, turning with tongs, for about 5-minutes

Transfer the beef to a large plate and set aside.

In the same pan, brown off the onion chunks and mushrooms for about 5-minutes.

Add the beef to the pan.

Add the flour to the pan and stir until dissolved, then tip into the thermal cooker

Add the fresh tomatoes, carrots, potatoes, Worcester Sauce, Oregano, and beef stock into the thermal cooker.

Bring to the boil, stirring occasionally and simmer for 10 minutes.

Seal the thermal cooker and stand for 3 to 4 hours.