

Provençal Beef Slow Cooker Stew

Serves 6

Per serving

182 Cals

6.3g Fat

Ingredients

450g Beef, Steak, Fillet, Lean, Average

90g Onions, Raw, Average

300g Mushrooms, Common, Raw, Average

2 Cloves Garlic, Raw, Average

300g Carrots, British

250g Beans, Butter, Canned, Average

1 x Oxo Cube

400g Tomatoes, Chopped, Canned, Average

1 Tsp Oregano, Dried, Ground

Seasoning

1 Tsp Dried Thyme

Cooking instructions:

1. Place beef in slow cooker. Chop onion, mushrooms, garlic and carrots and add to the cooker.
2. Place half of the butter beans in the slow cooker.
3. Place the remaining beans in a blender and add 1/3 of stock, then puree.
4. Add the mixture to the slow cooker. Add the remaining stock, tomatoes, oregano, dried thyme, salt and pepper.
5. Cover and cook on high setting of the slow cooker for 6 - 7 hours.