

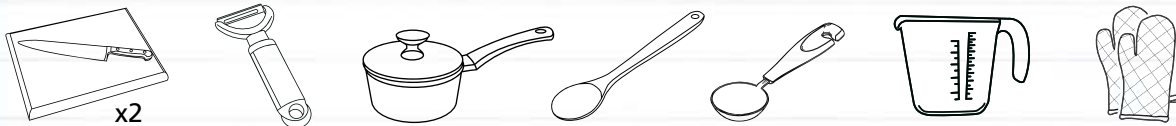
Beef and Veggie Stew



Ingredients

6-8 baby onions	1 x 15ml spoon flour
2 carrots	600ml stock (water and beef stock cube)
8 small mushrooms	1 bay leaf
500g lean stewing beef	1 x 5ml spoon thyme
1 x 15ml spoon oil	

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
- Using a knife
- Using the hob

