

Crockpot Beef Stew

Ingredients

- 1 carrot 🥕
- 1 celery stalk
- 1 onion
- 2 potato
- 1 cup beef stock
- 1 tablespoon tomato paste (optional)
- 1 can of crushed tomatoes
- 900g stewing beef
- 1 teaspoon crushed garlic
- 1 tablespoon cornflour
- Salt and pepper



Directions

- 1) Cut the carrot, celery, onion, and potato into chunks and put into the crockpot.
- 2) Cut the beef into chunks, removing additional fat and gristle. Add to the crockpot.
- 3) Add the tomatoes, garlic, tomato paste, stock, a pinch of salt and pepper to the crockpot as well.
- 4) Turn the crockpot onto low and let cook for 8 hours.
- 5) After 8 hours, mix the cornflour with $\frac{1}{4}$ cup of cold water and stir until dissolved. Then, stir this into the crockpot mixture to thicken the sauce.
- 6) Serve with a side of extra vegetables, over some rice or with mashed potato.

Note: For additional flavour, try adding a splash of soy sauce or some dry herbs to the crockpot. If serving with potato or rice, swap the potato in the crockpot mixture with another vegetable.