

# BEEF STEW

*Served with crusty bread*



**Time Required:**  
**4 Hours**



**Servings: 4**

**Cooking Level:**  
**Easy**

## Ingredients:

500g diced chuck steak

400g new potatoes

2 large carrots

1 white onion

1 tbsp vegetable oil

1 tbsp butter

2 tbsp plain flour

2 tbsp tomato puree

2 tbsp worcestershire sauce

2 beef stock cubes

2 thyme sprigs

5 bay leaves

## Steps for Cooking:

1. Preheat the oven to 160C/ 140C fan/ gas 3.
2. Boil the kettle.
3. Slice the carrots in half lengthways, then chop into chunks. Chop the onion and potatoes into large chunks.
4. Add the vegetable oil and butter to a flameproof casserole dish, followed by the bay leaves, thyme and the vegetables.
5. Soften for 10 minutes, then stir in the flour, followed by the tomato puree, worcestershire sauce and crumble in the stock cubes.
6. Gradually pour 600ml of hot water, stirring the mixture.
7. Add your diced chuck steak and bring to a gentle simmer.
8. Cover your dish with the lid and place into the oven for 2hrs 30 mins. Then remove the lid and cook uncovered for up to 1 hr.
9. Once the meat is tender, serve your beef stew with crusty bread.