

Delicious Slow Cooked Beef

Ingredients

Serves 4

- 600g casserole steak, cut into large chunks
- 1 large onion, peeled and chopped
- 6 rashers streaky bacon, roughly chopped
- 2 garlic cloves, peeled and chopped
- 325g (11oz) carrots, peeled and chopped
- 300ml (1/2pt) red wine
- 250ml (8fl oz) beef stock
- 2 sprigs thyme
- ½ teaspoon coconut oil
- steamed cabbage, to serve



1. Heat half the oil in a large frying pan. Season the meat and cook in the pan for 6-8 minutes, until browned all over. Remove and put in a slow cooker.
2. Sauté the onion and bacon for 4 minutes before adding the garlic and carrots and cooking for a further 3-4 minutes.
3. Pour in the red wine and stir to help de-glaze the pan. Then stir in the stock.
4. Pour the vegetables and liquid over the beef in the slow cooker.
5. Add the sprigs of thyme and cook for 8 hours on a low heat, until the beef is very tender.
6. Serve with steamed cabbage and mashed potato.