

# **BEEF STEW**

## **Ingredients**

*Dice sizes are approximate, so don't worry too much*

4oz stewing steak, cut into 1/2-inch dice

1 small onion, chopped into 1/2-inch dice

1 carrot, peeled and chopped into 1/2-inch rings

1 medium potato, washed and cut into 1/2 inch dice

1 stick celery, cut into 1/2-inch pieces

1 OXO cube

3/4 pint water (or beer!)

1 tablespoon flour

2 tablespoons tomato puree

Salt and pepper

1 bay leaf

1 tablespoon of vegetable oil

## **Method**

Set oven to 120°C / 240°F / gas mark 1.

Toss the cubed meat in the flour and add salt and pepper.

Fry the meat in a pan on a high heat in a tablespoon of vegetable oil. Get it nice and brown and make sure all the flour gets in there.

Add the tomato puree and mix well. Add all the vegetables and potatoes and mix well.

Add the crumbled OXO cube and the water or beer and mix well.

Pour into casserole dish and cover with lid or tight tin foil.

Place in oven and cook for 2 hours.

Remove from oven. Serve with cabbage or other greens.