

# Beef Stew

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## Ingredients

Serves: **4500g** chuck steak

1 tsp Rice bran oil  
1 onion  
2 carrots  
2 potatoes  
1 cup sliced mushrooms  
1 tsp garlic  
1 tsp Worcestershire sauce  
1 glass red wine  
1 tsp beef stock powder  
1 fresh thyme sprig  
2 bay leaves  
Salt and pepper  
Water

## Preparation method

Prep: **15 minutes** | Cook: **4 hours**

1. Heat a frying pan smoke hot and brown meat well in the oil, do it in batches if necessary to avoid stewing the meat.
2. When meat has a good colour, transfer to slow cooker and pour red wine into de-glaze frying pan. Put the rest of the ingredients into the slow cooker and stir. Season well, plenty of pepper and salt give it depth. you can't add it later and get the same effect. Use cracked pepper or freshly ground.
3. Pour red wine in from frying pan Add water to cover veggies and meat, about 1/2 cm above is enough.
4. At about half hour before the end of cooking let stew bubble without a lid to reduce the sauce, it should have a nice gravy consistency.
5. The meat should be tender.
6. Serve with crusty bread and red wine.