

SLOW COOKED BEEF CASSEROLE

INGREDIENTS:

- 1.5KG CHUCK STEAK (*2CM DICED*)
- 2 WHITE ONIONS (*CUT INTO SMALL WEDGES*)
- 2 LARGE CARROTS (*CHUNKY DICE*)
- 2 TIN TOMATO (*CRUSHED*)
- 1 TSP MINCE GARLIC
- 1 CUP BEEF STOCK
- ITALIAN HERBS (*TO TASTE*)
- 4 BAY LEAVES
- FRESH PARSLEY
- SALT
- PEPPER

METHOD:

1. Place all of the above ingredients (except parsley) into slow cooker & stir until well combined.
2. Cook in slow cooker on LOW temperature (roughly 4-6 hours dependent on the slow cooker) or until the beef pulls apart.
3. Top with fresh parsley when serving.