



Brown Beef Stew



Ingredients

300

300



grams

of



diced



beef

450

450



grams

of



diced



vegetables

150

150



grams

of



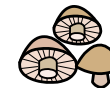
new potatoes

100

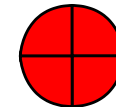
100



grams



mushrooms



(quartered)

2

2



pints



stock



Ingredients



One tablespoon of tomato puree

2



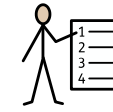
Two tablespoons of plain flour



Gravy browning



Fresh thyme to taste



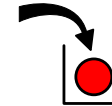
Method



Put



beef



into



a thick bottomed saucepan.



Cover



with



stock



and



simmer



for 30 minutes.



Skim



if necessary.



Add



diced



vegetables



and



simmer



for 40 minutes.



Skim



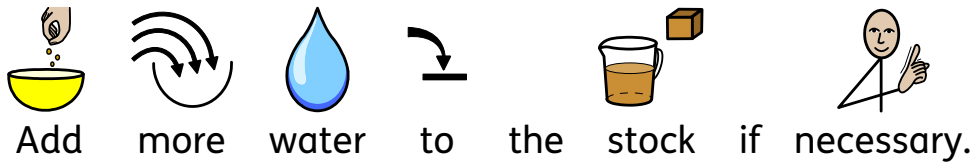
if necessary.



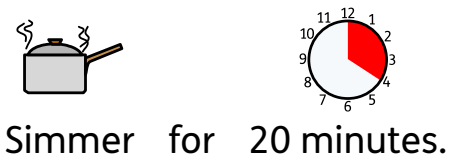
Method



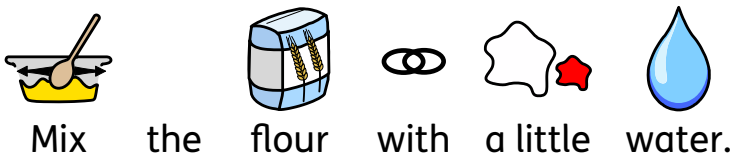
Add herbs, tomato puree and mushrooms.



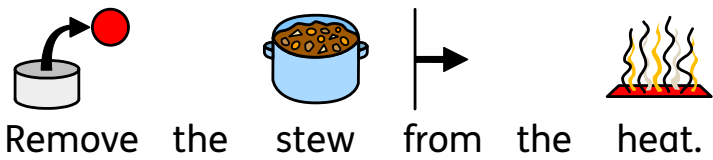
Add more water to the stock if necessary.



Simmer for 20 minutes.



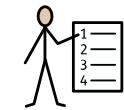
Mix the flour with a little water.



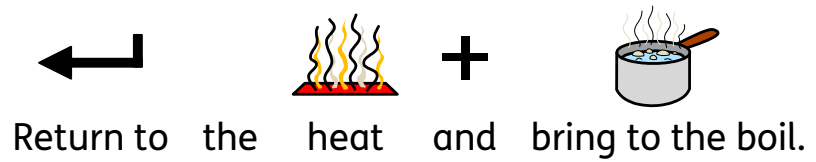
Remove the stew from the heat.



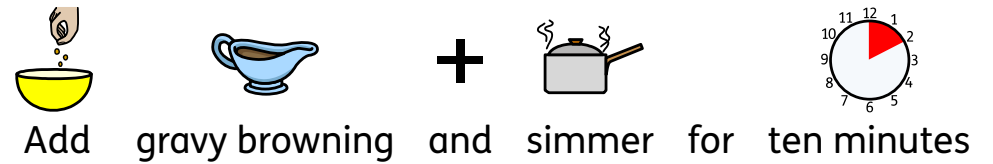
Add the flour mixture, stir well.



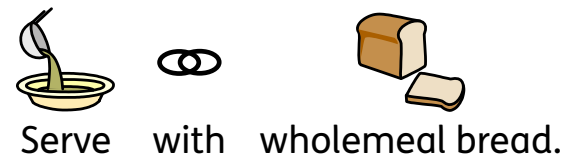
Method



Return to the heat and bring to the boil.



Add gravy browning and simmer for ten minutes



Serve with wholemeal bread.



Enjoy!