

Slow cooker Beef and Ginger Hot pot



Serves	Prep Time	Cooking	Total Time	Calories
4 people				538 kcal

Stuff that's in it:

- 1 Tsp Oil/Spray
- 20G Plain Flour
- 800G Beef ((Stewing Steak Or Casserole) Diced)
- 250G Shallots (Peeled Whole)
- 2 Garlic Cloves (Finely Chopped)
 - 375G Swede (Diced)
 - 300Ml Ginger Wine
 - 300Ml Beef Stock
- 2 Tbsp Tomato Puree
- 1 Can Haricot Beans
 - 2 Bay Leaves

What you do:

Pre heat your oven to 160c.

Dust the beef in the flour, heat up a heavy based casserole pot and spray with oil. Brown beef all over and remove. Add the shallots, garlic, carrot and swede and cook for a few minutes until softened. Add the beef back and stir through. Add the ginger wine, stock, purée and bay leaves and haricot beans, bring to the boil and then cook in the oven, lid on for 2 hours, or add everything to a also cooker for around 8 hours.

Nutrition

- Carbs: 40g
- Fat: 11g
- Protein: 54g

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