FFC
FIT FAST COOK
HOMEMADE IS HEALTHY

Slow cooker beef brisket and gravy



Serves	Prep Time	Cooking	Total Time	Calories
4 people				**488 kcal**

Stuff that's in it:

• 2 Tbsp Plain Flour (Xx)

• 1 Rich Knorr Beef Stock Cube ((Around 700Ml Hot Water))

• 700G Beef Brisket

• Celery, Carrot, Swede, Onion (Chopped Roughly (No Need To Add To Mfp If Discarding Like I Did))

• Squirt Of Oil

What you do:

Switch your slow cooker onto high.

Heat a squirt of oil in a pan and put your beef in to gently brown all over, add all the chopped veg at the same time and gently caramelise for a few minutes.

Add the meat and the fried veg to the slow cooker and then pour over the stock until it just covers the top of the meat and veg. Place the lid on and cook for around 7 hours or until meat falls apart.

Remove the meat to one side using tongs. Using a colander sieve all the veg and keep the lovely stock in a pan, then using an automatic flour sifter, if you have one, sift the flour bit by bit into the pan of stock , slowly making a thick gravy.. or just use a whisk or a fork, just gently add the flour so you don't make lumps.

Then divide the meat by 4 portions and add the gravy.

I finished my dish with sweet potato and veg but the macros are for the meat and gravy.

Nutrition

- Carbs: 9g
- Fat: 24g
- Protein: 53g

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