

# WHAT'S FOR DINNER?

## BEEF STEW IN RED WINE & HERBS

PREP 30 MIN | COOK 2-3 HRS | SERVES 4



### INGREDIENTS

**1 KNORR Beef Stock Pot**

**1 KNORR Herb Infusion Pot**

2tbsp olive oil

150gr bacon (slightly smoked), solid chunk cut into small cubes

1.2kg lean stewing beef, cut into 2-inch cubes

2 carrots, peeled and sliced

1 large onion, peeled and sliced

1/4 teaspoon pepper, freshly ground

2 tbsps flour

600ml red wine

1 tablespoon tomato paste

2 garlic cloves, mashed (you may choose to add more)

500gr sliced mushrooms,

18-20 baby onions

### METHOD

1. In an ovenproof casserole dish preheat 1tbsp of olive oil and sauté the meat a few pieces at a time until browned on all sides. Remove from the casserole dish.
2. Using the same casserole pot next fry off the bacon for 3-5mins until lightly browned.
3. Then add in the garlic, onions and carrots.
4. Return the beef to the casserole dish, add in the flour, tomato paste, some good red wine and mix together.
5. Next add in 700ml hot water as well as the **Knorr Beef Stock Pot** and the **Knorr Herb Infusion Pot**.
6. Allow the stock pots to dissolve, cover the casserole dish and cook in a pre-heated oven at 200°C for 2 ½ hours.
7. Meanwhile brown the sliced mushrooms and baby onions in a hot pan.
8. After 1 ½ hours or when the meat is tender, add in the browned sliced mushrooms and baby onions. Continue to cook for a further 1 hour.

Serve with rice.