Slow Cooker Beef & Red Wine Stew

Serves: 4 - 6 people

Prep time: 20 minutes

Cook time: 6 to 8 hours

Ingredients:

- 800g stewing beef, cut into chunks
- 2 tbsp plain flour
- Salt & black pepper, to taste
- 2 tbsp olive oil
- 2 onions, diced
- 3 cloves garlic, minced
- 3 carrots, sliced
- 2 potatoes, diced
- 200ml red wine
- 400ml beef stock
- 2 tbsp tomato purée
- 1 tbsp Worcestershire sauce
- 1 tsp dried thyme
- 1 bay leaf
- 100g mushrooms, sliced (optional)
- Fresh parsley, to garnish

Method:

1. **Prepare the beef:** In a bowl, toss the beef chunks with flour, salt, and pepper.

2. **Brown the meat:** Heat the olive oil in a pan over medium heat and sear the beef until browned on all sides. Transfer to the slow cooker.
3. **Sauté the vegetables:** In the same pan, cook the onions and garlic until soft. Add the carrots and potatoes, then stir in the tomato purée. Cook for 2 minutes before transferring everything to the slow cooker.
4. **Deglaze with wine:** Pour the red wine into the pan, scraping up any browned bits. Let it simmer for 2 minutes, then add it to the slow cooker.
5. **Assemble & cook:** Add the beef stock, Worcestershire sauce, thyme, and bay leaf. Stir well, cover, and cook on low for 6-8 hours (or high for 4-5 hours).
6. **Final touches:** Add mushrooms (if using) in the last hour of cooking. Remove the bay leaf before serving.
7. **Serve & enjoy:** Garnish with fresh parsley and serve with crusty bread or mashed potatoes. Serving Tip: If you used a specific red wine in the stew, try serving the same one alongside it—it naturally complements the dish!