

SLOW COOKER - Beef & Butternut Squash Stew



Serves four

Stew Only (419kcal per serving / Fat 24.1g (Saturates 2.7g) / Carbs 24.2 (Sugars 1.2g) / Protein 22.4g / Fibre 2.9g)

Ingredients

- 400g lean stewing beef
- Sea salt & black pepper
- Thyme
- 2 tbsp olive oil
- Two large onions
- Two garlic cloves
- One butternut squash peeled and chopped
- 5-6 chestnut mushrooms (or any large mushroom)
- 100g frozen garden peas
- 100ml red wine
- 1 – 2tbsp Worcestershire Sauce
- 1-2 tbsp of Nutritional yeast
- 500ml water

Method

- Season the beef with sea salt and pepper. Heat ½ oil in the pan and brown the beef on all sides over a medium heat.
- Transfer to a slow cooker
- Using the same pan, add the onions and sauté for 5-10 mins before adding the garlic, mushrooms, and butternut squash.
- Add in your wine, Worcestershire sauce, nutritional yeast and thyme and water
- Transfer to the slow cooker and cook for 8 hours (low) or 4 hours (high)

Serving Suggestions

- Two scoops mashed potatoes or three baby potatoes
- One sweet potato (Vitamin A & Fibre)
- Celeriac mash