

TRACY'S BEEF CASSEROLE



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1 kg stewing beef

2 chopped onions

Button mushrooms

Garlic

Ginger

2 Beef stock cubes

Oil for frying

Peeled and chopped the onions

Fry in some oil till golden brown, nearly black.. gives more colour to the food and flavour..then add a teaspoon crushed garlic and a tip of a teaspoon of ground ginger and continue to fry a bit longer.

Then add beef cubes and fry till very brown..crush in your hands just the beef stock cubes and add to beef, also add salt n pepper to taste.

Quarter the mushrooms and add them and give a last fry off and then add to the slow cooker. Add some water till just covered and cook on high for 4-5 hours or on low for 6

Recipe posted by Tracy Vohra

Photo: Tracy Vohra