



Tom Read

My personal Journey.

CHUNKY BEEFSTEAK STEW

Ingredients

The Meat & Base Veg:

- **1kg lean diced beef**, fully trimmed of visible fat (Iceland)
- **Chunky veg:** 2 carrots, 2 leeks (sliced), 2 onions (chopped), Chopped Mushrooms, and 2 Large Chopped potatoes, Cabbage & a good handful of frozen peas.

The Syn-Free Gravy & Seasoning:

- **Liquid & flavor enhancers:** 2 beef stock pots, 1 Bovril cube, 2 tsp Marmite, 2 tbsp Worcestershire sauce, 1 tbsp tomato purée, 1 tbsp Light Soy Sauce, 2 tbsp Balsamic Vinegar, 1 tbsp Lazy Garlic Paste, mixed herbs, Salt & black pepper.

Method

1. **Combine:** Place the trimmed beef, chopped vegetables, potatoes, seasonings, Bovril, and Marmite straight into your slow cooker.
2. **Pour & Stir:** Pour over the 450ml beef stock made with the Stock Pots and give everything a good stir.
3. **Cook:** Cover and cook on **LOW for 8–10 hours** (or **HIGH for 5 hours**) until the beef is melt-in-the-mouth tender.
4. **Finish:** Stir in a Handful of frozen peas during the final **30 minutes on HIGH**. Leave the lid slightly ajar during this time to let the steam escape and thicken the rich gravy.

If your stew is not thick enough, sprinkle in a little OXO Stock Powder (don't overdo it) during the last 30 Mins of cooking.

Serve with Plain Boiled White Rice

Totally Syn Free

