



Beef Curry

INGREDIENTS

- 900 g beef stewing steak (gravy/ chuck), cut into 4 cm cubes
- 2 medium onions cut into large cubes
- 3 Tbsp flour
- 1 ½ tsp salt
- ½ tsp pepper
- ¼ tsp garlic powder
- 1 ½ tsp curry powder
- 425 ml tomato sauce
- 2 Tbsp soy sauce
- 2 tsp beef stock powder
- ½ tsp sugar

METHOD

1. Combine the first 7 ingredients in a slow cooker.
 2. Stir well making sure all meat is coated in flour.
 3. Stir the remaining 4 ingredients in bowl. Pour over the top.
- Cover and cook on low for 8 -10 hours or on High for 4 - 5 hours.

