

Hearty Beef Casserole

INGREDIENTS

500g cheap steak (any will do), cubed
4 potatoes, peeled and cut into quarters
2 carrots, peeled and cut into thick slices
1 large onion, finely chopped
1 garlic clove, chopped thinly
1 can whole, peeled tomatoes
1 can tomato soup.
a dash of Worcestershire sauce
a dash of white vinegar

METHOD

1. Brown the steak in a frying pan until just brown.
2. Place everything in the slow cooker, making sure everything is covered with liquid.
3. Stick the lid on top and put the slow cooker on to auto.
4. Cook for at least 6 hours, but 8 is best.

