



SLOW COOKED BEEF & RED WINE CASSEROLE
RECIPE

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COOK TIME

8 hours

PREP TIME

15 mins

SERVES

4 x

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INGREDIENTS

- Canola Oil Spray
- 500 g lean Beef, cubed
- 200 g Mushrooms, sliced
- 3 Carrots (300 g), peeled & sliced
- 3 Potatoes (450 g), peeled & diced
- 2 tbsp No Added Salt Tomato Paste (70 g)
- 1/4 cup Red Wine (62 mL)
- 1/2 cup Water (125 mL)
- 1 MasterFoods™ Beef & Red Wine Casserole Recipe Base
- 300 g Green Beans, trimmed and steamed.

METHOD

1. 1.
Heat oil in pan and cook beef until brown.
2. 2.
Add beef, veggies, tomato paste, water, red wine and Recipe Base into a slow cooker and stir to combine.
3. 3.
Cook for 4 hours on high or 8 hours on low. Please note slow cookers vary. Recipe is based on using a 3 litre slow cooker.
4. 4.
Serve your MasterFoods™ Beef and Red Wine Casserole with steamed green beans.
5. 5.
Please note slow cookers vary. This recipe is based on using a 3 litre slow cooker.
6. 6.
For extra veggies, add 1 eggplant, cubed.

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