

SLOW COOKER: BEEF & SQUASH STEW

900g Cranstons Stewing Steak, diced • Salt & Pepper • 2 tbsp Dried Mixed Herbs • 25g Plain Flour • 3 tbsp Olive Oil • 1 large Onion, chopped • 2 large Garlic Cloves, finely chopped • 600ml Beef Stock • 30ml Sweet Sherry • 1 Star Anise (optional) • 350g Butternut Squash, peeled and cubed • 50g Kale or Spring Greens, rinsed and roughly chopped • 2 tbsp Flat-Leaf Parsley, chopped

COOKING TIME: 4 - 8 HOURS **SERVES:** 6

- Place the seasoning, mixed herbs and flour in a large plastic food bag, add the Cranstons Stewing Steak and coat well.
- Heat the oil in a large non-stick frying pan and brown the beef in batches, transferring to the slow cooker.
- In the same frying pan heat the remaining oil and cook the onion and garlic for 1 - 2 mins. Transfer to slow cooker; add the stock, sherry, squash and star anise (if using).
- Cook for 4 hours on high or 8 on low. 10 mins before the end stir through the kale or spring greens. Garnish with parsley and serve.

Why not try... serving with crusty bread or even adding extra veg to the recipe.

TIRED OF SERVING THE SAME MEALS? WHY NOT TRY...

Beef Stroganoff, Lamb Shank or Spanish Chicken with Beans - all perfect for the slow cooker.

All recipes and images courtesy of AHDB from lovepork.co.uk

Slow Cooker CLASSICS WITH CRANSTONS

RECIPE CARD



PTO FOR...
**SLOW COOKED
PULLED PORK**

Slow Cooked Beef & Squash Stew

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