



# Slow Cooked Beef Stew

**Recipe makes:**

5 portions

**Preparation time:**

25 minutes

**Cooking time**

**(Using a slow cooker):**

6 hours

**Cooking time**

**(In a casserole dish or pan):**

2 hours

## Nutritional Information

### 1 Portion

Energy	214kcal
Carbohydrates of which sugars	9.5g 3.6g
Protein	19.2g
Fat	11g

## Ingredients:

- 2tbsp olive oil
- 1 large onion, chopped
- 1 large clove of garlic, minced
- 400g beef stewing meat, cubed
- 800ml beef stock
- 100g celery stalks, chopped
- 100g carrots, peeled and chopped
- 150g potatoes, peeled and chopped
- 1 sprig of fresh parsley, chopped
- 1 tsp salt
- ¼ tsp ground black pepper
- 1 tsp cornstarch
- 1 tsp water

## Chefs Tip:

- Garnish with a handful of fresh parsley before serving.

## Method:

1. Heat the olive oil in a large frying pan over a medium heat. Add the onions and gently fry until translucent, approximately 3-4 minutes.
2. Add the garlic and fry for a further 2 minutes, whilst stirring.
3. Add the cubed beef to the pan with the onions and garlic, and fry until the meat is brown.
4. Pour the hot beef stock into the slow cooker and add the prepared vegetables, spices, salt and the meat mixture from the pan. Cover with the lid.
5. Turn the slow cooker to low and cook for 5 hours.
6. After 5 hours, in a small glass dissolve the cornstarch into 1 tsp of cold water, and add to the stew, stirring well.
7. Replace the lid and continue to cook on low for another 1 hour.

Alternative method if you don't have a slow cooker:

1. Follow the method from 1 to 3 as described above.
2. Pour the hot stock into a medium sized casserole dish or a pan and follow the step 4 as described above. Cover with a lid.
3. Bring the stew to the boil and then reduce the heat to medium. Simmer for 1 hour 40 minutes, stirring occasionally.
4. After 1 hour and 40 minutes, follow step 6 adding the dissolved starch in water to the stew, and stir well.
5. Cover with a lid and simmer gently for an additional 20 minutes.

This recipe has been specifically designed for the dietary management of Glycogen Storage Disease. Refer to labels for allergen and other product information.



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