



Ingredients

- 2 pkts MAGGI Roast Meat Gravy
- 1 tbsp Olive oil
- 300 g Rindless bacon rashers
- 2 Onions
- 600 g Beef, Rump Steak, Fully-Trimmed, Raw
- 3 tbps Plain Flour
- 1 cup Red Wine
- 3 cups Water
- 2 tsps Garlic Puree
- 300 g Button mushrooms

Instruction

1. Heat half the oil in a large frying pan over medium heat, add bacon and shallots; stir occasionally for 5 minutes or until golden. Remove from pan; add to the bowl of a slow cooker.
2. Meanwhile In a large bowl combine beef and plain flour; using the same pan, increase heat to high, add remaining oil, then, working in batches add beef to pan and turn occasionally until well browned. Remove from pan, and add to slow cooker. Mix gravy to a paste with 2 tbsp water.
3. Add to slow cooker with all other ingredients and cook on slow for 8 hours or until meat is tender. Serve with sweet potato mash and veggies.

Nutrition

Carbohydrates	14.18 g
Energy	274.55 kcal
Fats	9.35 g
Protein	30.14 g
Sugars	4.35 g

🕒 500 Minutes

⊕ 6 portions