



Slow Cooker Vegetable and Beef Soup

Serves 4

Ingredients:

- 2tbsp vegetable oil
- 350g stewing beef
- small onion, chopped
- 1 carrot, chopped
- ½ green pepper, chopped
- 1 celery stalk, sliced
- 4 cups beef stock
- 1 tin chopped tomatoes
- ½ tsp oregano
- salt and pepper, to taste

Method:

1. Cut the beef into small pieces
2. Heat oil in a frying pan and fry beef pieces until they are well browned
3. Transfer to a slow cooker
4. Fry onions for 5 minutes, until softened
5. Add carrots, peppers, and celery and cook for further 5 minutes
6. Transfer into slow cooker
7. Stir in the rest of the ingredients
8. Cover and cook on low for 8-12 hours

