

# Heath Stores

H O R S M O N D E N

**British Food Fortnight 19<sup>th</sup> Sept to 4<sup>th</sup> Oct**

## **Heath Stores Meal deals – Comfortable Beef Stew**

Celebrate the best of British food at Heath Stores – Buy at least 2 of the listed ingredients and receive 10% off them.

A great British Stew, filling warming and an excellent one pot meal

### **Comfortable Beef Stew with Plaxtol Artisan Bread**

What could be better then coming home from work and having dinner already bubbling away in your slow cooker?

Ingredients - for 4 - 6 people

#### ***Comfortable Beef Stew***

*450g Diced beef (Terry's chuck steak available in the deli)*

*1 packet Gordon Rhodes Slow Comfortable Stew*

*450g carrot and swede, diced*

*450g Kent or Tenterden potatoes, peeled and chopped*

*1 large onion*

*2 tablespoons tomato puree*

*565ml water (1 pint)*

*½ jar Bacon Jam*

*1 loaf of your favourite Plaxtol artisan bread*

This can be prepared the night before and placed in your slow cooker or otherwise in your oven.

Place the beef, carrot, swede, onion, potatoes, tomato puree and bacon jam into your slow cooker or a casserole dish.

Blend the Slow Comfortable Stew sauce sachet with the water and add to the slow cooker pot/casserole dish

Cover and cook for 4 hour on high or 8 hours on medium (slow cooker) or 2 hours in the oven at 180C (Keep covered during cooking. Cooking times may vary according to your slow cooker/oven)

Remove the lid and stand at room temperature for 5 minutes before serving.

Serve with delicious Plaxtol Artisan bread.