



Beef stew with Safe Food Ireland



New Directions: Personal and Social Development



Name:



Date:

Ingredients:

Beef stew meat , Olive oil, 1 onion, 1 carrot, Flour, Beef stock , Peper and salt



1. Start by adding some olive oil to the pan, and frying of the meat
2. Remove the meat from the pan and place in a pot for now
3. Next, adding the onions and carrots and fry off
4. Add the fried carrots and onions to your meet



5. Add your beef stock on to the pan with the flour with some salt and peper



7. Add the stock from the pan on to your meet



8. Lastly, place the stew on a medium heat and simmer for 60 minutes



Well done guys, I hope you enjoyed your delicious stew