

# French Beef Stew

**Makes:** 7 servings

## Ingredients

1 kg diced Beef, cut into approx. 1-inch cubes  
1 can (400g) chopped tomatoes  
250g sliced mushrooms  
4 medium carrots, sliced  
2 medium onions, sliced  
2 celery sticks, chopped  
1 Beef Stock cube dissolved in 1 cup hot water  
1 teaspoon dried thyme  
½ teaspoon salt  
½ teaspoon Dijon mustard  
¼ teaspoon pepper  
1 tablespoon wholemeal flour  
1 cup water



## Instructions

In an ovenproof pot with lid, combine the first 11 ingredients. Combine flour and water until smooth. Gradually stir into stew. Cover and bake at 180°C for 3 hours or until meat and vegetables are tender, stirring every 30 minutes.

## Nutrition information:

Each Serving:

Kcal	287
Fat	9g
Net Carbs	10g
Protein	28g