

Slow-Cooked Beef Ragu

Serves: 8

Prep time: 15 minutes

Cook time: 4 ½ - 9 hours



1 ½ serves per portion

Ingredients

900g beef chuck roast

1 onion, diced

2 carrots, diced

2 celery sticks, diced

½ cup tomato paste

3 cloves garlic, finely chopped

3 tablespoons fresh oregano (or 3 teaspoons dried)

Black pepper, to taste

1 cup beef stock, salt reduced

400g can diced tomatoes

2 bay leaves

Balsamic vinegar

Method

BROWN off the meat over medium-high heat in a frypan.

COMBINE onion, carrot, celery, tomato paste, garlic and oregano in slow cooker. Season the beef with pepper and sit on top of the vegetables.

ADD beef stock, tomato and bay leaves to slow cooker and cook meat until tender and easily pulled apart with a fork (about 4½ hours on high OR 9 hours on low).

COOL for 10 minutes before shredding meat using two forks.

STIR in balsamic vinegar to taste.

SERVE with your choice of pasta, polenta or mashed potato.



Everyday Food

Recipe courtesy of Bec Dawson, Brisbane City Night Branch