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**Beef Casserole**

**Ingredients:**

A splash of Oil

1 small clove garlic, crushed

3 onions, peeled and roughly chopped

1kg chuck steak, chopped

Plain flour

2 cups low sodium beef stock

1/3 cup brown vinegar

1/3 cup plum jam (120g)

¾ teaspoon Tabasco sauce

Ground black Pepper

Flour for thickening, only if needed

Chopped parsley

**Method:**

Heat oil, saute garlic and onions until brown, then remove. Toss steak in s\plain flour, and then brown well in the oil. Return onions to the pan with the stock, vinegar, jam and tabasco sauce. Cover and simmer for 1 and a half – 2 hours or until meat is very tender. Season with black pepper and thicken with flour if necessary. Sprinkle parsley on top. **PS** I usually chop some chunks of carrot through to cook for the last half hour and then serve with chats or potato mash and greens. Yummy!