



# Rutland, Steady, Cook!

## The Blue Ball's Keep Calm and Casserole

### Ingredients

Pack of Stewing Beef (or Quorn), diced  
1 Large Onion, diced  
4 Carrots, peeled & chopped  
Gravy Granules  
Water to cover

### Method

1. Fry the onions and carrots in a frying pan until soft.
2. Add the diced beef (or Quorn) and fry until slightly browned.
3. Add water and transfer all into a casserole dish or slow cooker. Oven: 2 hours at 180°C. Slow Cooker: 4-10 Hours.
4. Add gravy granules to thicken.
5. Serve with mashed potato, rice or crusty bread.

### Mix it up!

This recipe can be adapted to whatever ingredients you have available.

- **Swap** the stewing beef for mince or sausages!
- **Add** Garlic, a slosh of red wine, sherry vinegar, fresh or dried herbs, chilli flakes, Worcestershire or soy sauce for an extra kick!
- **Bulk it out** with fresh or frozen vegetables!

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**The Blue Ball's Keep Calm and Casserole**

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**Thank you to:**

The Blue Ball at Braunston

