



ROYAL
VOLUNTARY
SERVICE

BEEF AND MUSHROOM WINTER WARMER

by Alison Crouch

Ingredients

- 1 tbsp rapeseed oil
- 1 thin cut beef steak sliced
- 100g chestnut mushrooms, roughly chopped
- 1 large onion, finely chopped
- 1 carrot finely chopped
- 1 clove garlic, crushed
- Handful fresh thyme or a pinch of dried
- 1 tbsp tomato purée
- 150ml beef stock
- 1 tbsp mushroom ketchup
- Large knob of butter
- 1 tbsp grated parmesan
- Handful chopped parsley



**ROYAL
VOLUNTARY
SERVICE**

Method

1. Heat the oil in a wok at a medium heat and, once hot, stir in the beef and brown all over, about 5 mins.
2. Add the mushrooms, onion, carrot and garlic. Stir in the thyme.
3. Fry for two minutes then add in the tomato puree.
4. Pour in the stock and mushroom ketchup. Simmer on low heat for 25 minutes. Adjust with a little water if it becomes too thick.
5. Stir in the butter and parmesan, then the parsley. Season to taste.

OUR THANKS TO ALISON CROUCH FOR THIS GUIDE.

To find out more about the Virtual Village Hall and other online sessions please visit virtualvillagehall.royalvoluntaryservice.org.uk.

Or to find out more about the Royal Voluntary Service go to royalvoluntaryservice.org.uk.



Supported by players of



Awarded funds from

