



Slow Cooked Beef & Mushroom with Parsley Dumplings

 Prep time:	15 minutes
 Cook time:	6 hours on low + 1 hour on high,
 Serves:	6



Ingredients

- 1 Tbsp flour
- ½ tsp sweet paprika
- 750g gravy beef cut into 2cm pieces
- 1 onion, peeled and sliced
- 1 clove garlic
- 200g button mushrooms, halved
- 1 tsp dried oregano
- 1 cup beef stock
- 70g sachet **Wattie's Tomato Paste**

Dumplings

- 1 cup flour
- 1 tsp baking powder

Method

1. Turn the slow cooker onto low to preheat. Mix flour with paprika and season with salt and pepper.
2. Toss beef into the seasoned flour.
3. Heat a dash of oil in a frying pan. Add onions and garlic and stir fry to soften onion. Transfer to the slow cooker. Add a little extra oil to the frying pan and add the meat and brown over a high heat. Add to the onions and garlic. Add mushrooms. Sprinkle over oregano.
4. In a jug mix together beef stock and **Wattie's Tomato Paste**. Pour over Beef. Cover. Cook on low for 6 hours.
5. Increase slow cooker to high. Drop spoonfuls of dumpling mixture onto the top of the beef. Cover and cook a further 1 hour until beef is tender and dumplings are cooked. Serve with mashed potato and seasonal vegetables.

To make the dumplings: Put flour, baking powder, salt and chopped parsley into a mixing bowl. Pour in milk and mix to form a soft dough. The mixture will be quite sticky.

Tips

Oven Cook

Preheat oven to 160° C. Prepare as for slow cooker but place ingredients in an ovenproof dish. Cover. Place in the oven and cook for 2 ½ hours. Add the dumpling mixture. Cover and cook a further 45-60 minutes, until dumplings are cooked and meat tender.

½ tsp salt

2 Tbsp chopped parsley

½ cup milk