

Beef and Vegetable Stew

Ingredients

6oz beef sirloin, trimmed and cut into
2 inch pieces

1 tsp dried rosemary

½ tsp Worcestershire sauce

¼ cup onion, medium chop

1 medium carrot, cut into 1 inch coins

3 small red potatoes, quartered

4 button mushrooms, halved

½ cup beef stock

½ cup Campbell's golden mushroom soup

Pinch of salt and pepper

Method

Place all ingredients into
convectionware and stir
to combine.

Seal convectionware lid
and place in a 450 degree
oven for 30 minutes.