

## MEATBALL CASSEROLE

I lb of lean steak mince  
2 sliced carrots  
2 sliced onions  
Half a tin of tomatoes  
Sliced potatoes  
A dessertspoon of flour  
Pinch of mixed herbs  
Salt and black pepper  
A beef cube mixed with a pint of hot water  
Olive oil



Season the meat with salt and pepper and shape into meatballs. Roll them in flour, then brown them in the oil.

Remove them from the pan and add the carrots and onions. Fry gently until they start to soften. Stir in the flour, then add 3/4 of the stock and the tomatoes. If it's a bit thick, add the rest of the stock. Add some more salt and pepper and the herbs. Put it all in the slow cooker with the potatoes on the bottom. The meatballs will be on top but that's ok, I stirred them gently a couple of times while it was cooking.

Cook in the slow cooker on high for 4 hours, then turned it down to low for the last 2 hours because it was ready early, but 4 1/2 or 5 hours on high would do it.