

 Preparation: 10 mins
Cooking: 8–10 hrs

 Serves: 6

 Difficulty: easy



Marmite beef pot

Minimal prep, maximum reward. This slow-cooked beef pot brings together the rich, savoury depth of Marmite with the gentle sweetness of parsnips and tomatoes. Pop it in the oven before you set off in the morning and come home to a kitchen that smells like you've been cooking all day. It also makes a cracking pie filling the next day – if there's any left.

INGREDIENTS

- 3 heaped tsp Marmite
- 350ml boiling water
- 2 tbs olive oil
- 2 medium onions (½ finely chopped, ½ coarsely chopped)
- 4 garlic cloves, finely chopped
- 600g braising steak, diced
- 2 parsnips, cut into small cubes
- 1 x 400g tin of finely chopped tomatoes
- 5 medium tomatoes, diced

RECIPE

1. Preheat your oven to 150°C/130°C fan/gas 2.
2. Dissolve the Marmite in the boiling water and set aside.
3. Heat the oil in an ovenproof casserole dish. Add the finely chopped onion and sauté until translucent (2–3 minutes). Stir in the garlic and fry for another minute.
4. Add the meat and brown on all sides.
5. Pour in the Marmite stock, then stir in the parsnips and tinned tomatoes.
6. Scatter the remaining coarsely chopped onions and fresh tomatoes over the top. Cover with a lid and transfer to the oven.
7. Cook for around 8 hours, until the beef is meltingly tender. It can happily tick along for up to 10 hours, if needed.

Serve up generous spoonfuls with fluffy rice, buttery mash or fresh pasta.

Top tip: This makes an excellent pie filling for the next day. Allow it to cool completely before topping with pastry and bake until golden. Leftovers can also be frozen for an easy midweek win.

