

Campfire Stew

🔥 Calories: 409 🍞 Carbs: 47 🍗 Protein: 24 🥑 Fat: 15

SERVINGS: 4

PREP TIME: 40 MIN

COOKING TIME: 6 HR

Ingredients

- 1 gammon joint all fat removed
- 2 onions chopped
- 3 bell peppers sliced
- 3 cloves garlic crushed
- 1 tsp paprika
- 1 tsp cumin
- 1 tsp ground coriander
- 400g tin baked beans
- 400g tin chopped tomatoes
- 400g tin kidney beans drained and rinsed
- 1 stick celery chopped
- 2 large carrots chopped
- 6-8 button mushrooms cut in half
- 2 tbsp tomato puree
- 1 pinch chilli flakes
- 1 tbsp Worcestershire sauce
- 1 dash Hot Sauce

Directions

IN THE SLOW COOKER

- Soak the gammon joint overnight in cold water if necessary
- Reserve half of the sliced peppers, and add all the rest of the ingredients to the slow cooker, stir well and switch on
- Set slow cooker to high setting and cook for 6-8 hours on high (you can leave it on longer)
- 30 minutes before the end of cooking stir in the reserved peppers
- After 6 hours, check consistency of sauce and tenderness of meat. The meat should be starting to fall apart and sauce thickening. You can remove the lid and cook on high to finish the meat and thicken the sauce if necessary
- The meat should have broken up, but if not shred it in the slow cooker with two forks and mix well before serving