

# Slow Cooker

## CORNED BEEF STEW AND DUMPLINGS



**Cooking time:**  
3 hours



**Serves:**  
4 people

A really straightforward recipe that uses tinned corned beef instead of fresh or frozen meat.

### INGREDIENTS:

**Potatoes** - Can be from a tin or peeled or scrubbed, usually one medium potato per person but add as many as you think you need, the smaller you cut the potato the less time they need to cook.

**Carrots** - can be tinned, fresh or frozen

**Peas** - tinned fresh or frozen, (if they are tinned add them 30 minutes before the end of cooking time)  
**You can add any of your favourite vegetables whether fresh, frozen or tinned including sweetcorn, turnip etc.**

**2 Beef stock cubes or similar**

**1 340g tin of corned beef**

(the corned beef is added in cubes 15 minutes before the end cooking time)

**For the dumplings**

(add 30 minutes before end cooking time)

**Either a complete packet of dumpling mix**  
**Or**

**150g self-raising flour**

**70g of suet**

**Enough cold water to make a firm dough**  
(3-5 tablespoons)

### METHOD:

**1.**Place all the vegetables (except tinned peas) into the slow cooker, mix the stock cubes with enough water to cover the vegetables.

**2.**Mix dumplings and divide into rounds and put into the fridge

**3.**Turn the slow cooker onto high and put on the lid

**4.**After 3 hours check the potatoes are soft.  
Add the dumplings 30 minutes before the end of cooking time along with any tinned vegetables

**5.**The corned beef should be cut into chunks and added 15 minutes before the end cooking time, try not to stir once you add the beef as it breaks up and disappears into the gravy.

**6.**Salt and pepper to taste

## Carbon monoxide

Carbon monoxide is a poisonous gas that has no smell or taste. Breathing it in can make you unwell, and it can kill if you are exposed to high levels. Make sure you have a working carbon monoxide monitor in your home and follow the instructions on how to use it and where to place it to keep you safe.



## Warm Homes Discount

You could get £140 off your electricity bill for winter 2020 to 2021 under the Warm Home Discount Scheme.

## Saving money

Microwaves and slow cookers are cheaper to use than traditional ovens. You can save up to 63p an hour by using a slow cooker.



## PSR

The Priority Services Register is a free service provided by energy suppliers and network operators. To get on it, you need to contact your energy supplier.

For any energy related questions please contact

**Christine Nicholls** at Community Action Northumberland **01670 517178** [christinenicholls@ca-north.org.uk](mailto:christinenicholls@ca-north.org.uk)



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