**Lob Sgows**

* **Beef**
* **Potatoes**
* **Onions**
* **Carrots**
* **Lentils**
* **Beef or vegetable stock**
* **Salt**

Method

* Cut beef into small pieces
* Put in air fryer to brown.
* Cut potatoes into chunks and chop carrots.
* Place into slow cooker.
* Break a cube a cube of stock into pot
* Add beef cover it with water
* Cook on low for 6 hours

**Serve with crusty bread…..**