[](https://www.google.co.uk/url?sa=i&url=https://en.wikipedia.org/wiki/Scouse_(food)&psig=AOvVaw02GOIlk8n3TgLnGSVfiABF&ust=1607787861064000&source=images&cd=vfe&ved=0CAIQjRxqFwoTCKCni9mixu0CFQAAAAAdAAAAABAD)**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…..**