Adele`s slow cooker beef stew

1 Onion  
ChoppedGarlic   
2 Carrots   
2 Parsnips   
2lb Beef shoulder  
Oxo cube x 2   
Mixed herbs   
Salt   
Pepper   
Glass of Red wine   
3 cups water

Method.

1. Brown the meat in a frying pan for a few minutes.
2. Add to slow cooker with all other ingredients (chopped) and cook on high for 3 hours.