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.