

Beef Stew

Ingredients

2 - 2 ½ lbs fresh beef chunk
2-3 onions
½ green pepper
½ red pepper
½ yellow (orange) pepper
6-8 fresh garlic cloves
3-5 tbsp sunflower oil
salt , pepper
about 1 ½ tbsp ground cumin
about ½ cup chopped fresh parsley
about ¾ cup barbecue sauce
about 3 cups of boiling water
about 1 cup of red wine
2-3 fresh carrots
3-4 potatoes
about a ½ cup flour
large deep pot

Preparation

Peel and chop onions & garlic (need not be real fine), as well as the chopped peppers
Saute them in the hot oil until golden

Rinse / clean the meat (remove excess fat) , sprinkle the flour all over it ,
add to the pot and brown on all sides to seal the inner juices

Add the boiling water mixed with wine , the barbecue sauce , cumin , salt & pepper
the combined liquid should cover the meat at least half way.

Bring to a boil , reduce heat , cover and simmer for about two hours on a low steady flame.

After two hours , add cut up potatoes and carrots , sprinkle with chopped parsley , mix well
bring to another boil and proceed to cook on a low flame covered up for another hour or so.

Taste to determine the right amount of salt , pepper .

Before serving the meat is to be cut into desired pieces , topped with its own gravy , surrounded by
potatoes and carrots.

It is also lovely to serve with your choice of noodles or rice , topped with its gravy.

This is a hearty , satisfying delicious meal .