



Creamy Samp & Beef Stew

Ingredients

- 500 grams Beets, raw
- grams Spices, Pepper, Black
- 30 grams Oil, Olive, Salad Or Cooking
- 60 grams Onions, Raw
- 8 grams Garlic, Raw
- 30 grams Tomato Paste
- 37 grams Cake Flour
- 750 grams Beef Stock
- 5 grams Spices, rosemary, dried
- 5 grams Sugars, Brown
- 210 grams Carrots, Raw
- 450 grams Potatoes, whole
- 150 grams Green Beans, Cooked And Sliced
- 410 grams Beans, kidney, all types, mature seeds, canned
- 500 grams Cooked Samp
- 1500 grams Clean tap water
- 2000 grams Boiled Water
- 25 grams Margarine-like, vegetable oil-butter spread, tub, with salt
- 5 grams Aromat
- 30 grams NESTLÉ Cremora Original

Instructions

1. Pat to dry the beef cubes. Season with salt & pepper.
2. In a large pot, heat 1 tablespoon of oil over a medium-high heat. Sear the meat in 2-3 batches until caramelized. Transfer each batch to a large plate and set aside.
3. Lower the heat. Add another tablespoon of oil to the pot along with the garlic and onions and stir while cooking, 5 minutes.
4. Sprinkle in the flour and stir in the tomato paste. Immediately add back the beef with its juices, the beef stock, the dried herbs and the sugar to the pot
5. Stir to loosen the browned bits from the bottom and bring to a boil. Cover with a lid, lower the heat to a simmer and cook for up to 1 ½ hours. With 30 minutes to go, add the carrots and the potatoes.
6. Once the meat and veggies are tender and the liquid has reduced and thickened to form a gravy, remove the pot lid, add the green beans and sugar beans to the stew and allow to cook for the last 10 more minutes.
7. In a large pot, soak the samp in cold water for 1 hour or overnight. Drain, rinse and refill the pot with water.
8. Bring to the boil. Allow to boil for 1½ - 2 hours until soft.
9. When the samp is tender, turn the heat to a low and add the margarine and Aromat to flavour the samp. Mix well, then stir in the Nestlé CREMORA Original. Simmer for 5 – 10 more minutes.
10. When creamy and soft, serve a generous portion topped with the beef stew. Sprinkle with some fresh parsley before serving and ENJOY!!

Nutrients

Carbohydrates 124.01

301 Minutes

6 Servings

Energy	559.77
Fats	9.71
Protein	8.93