



BEEF STEW

Ingredients

- 2 tablespoons Wheat flour, whole-grain
- 15 milligrams Salt, Table
- 750 grams Egg, Whole, Raw, Fresh
- 1 tablespoons Butter, Without Salt
- 1 Onions, Spring Or Scallions (Includes Tops And Bulb), Raw
- 2 Onions, Spring Or Scallions (Includes Tops And Bulb), Raw
- 10 milligrams Salt, Table
- 3 tablespoons Onions, Spring Or Scallions (Includes Tops And Bulb), Raw
- 2 cups Onions, Spring Or Scallions (Includes Tops And Bulb), Raw
- 2 slices Carrots, Raw
- 2 Carrots, Raw
- 80 milligrams NESTLÉ Klim Full Cream Instant Milk Powder
- 150 grams Carrots, Raw

Instructions

1. Place the flour and paprika into a mixing bowl and add the meat. Toss well to coat
2. Heat 15ml of the oil in a pan, and brown the meat, in batches. Transfer the meat to a plate and set aside
3. Heat the remaining 15ml oil in a casserole pan and gently fry the onion and garlic over a medium heat for 2-3 minutes
4. Add the browned meat to the casserole and stir in the ground cumin. Add the tomato paste and beef stock. Bring to the boil, cover and reduce the heat to a low simmer
5. Cook for 45 minutes
6. Add the celery and carrots, cover and cook for a further 35 - 45 minutes, or until the meat and vegetables are almost tender
7. Stir in the Nestlé CREMORA and cherry tomatoes. Simmer for 10 - 15 minutes. Season with salt and pepper
8. Serve with noodles, mashed potatoes, mealie meal or polenta and seasonal green vegetables.

Nutrients

Carbohydrates	6.78
Energy	173.31
Fats	10.52
Protein	12.78

120 Minutes

8 noodles, mashed potatoes, mealie meal or polenta and seasonal green vegetables