



## Rich Beef Stew

### Ingredients

- 600 g Beef, retail cuts, separable fat, raw
- 30 g Wheat Flour, White, All-Purpose, Unenriched
- 15 g Spices, Paprika
- 15 g Oil, cottonseed, salad or cooking
- 200 g Onions, Raw
- 15 g Tomato sauce, canned, no salt added
- 45 g MAGGI Lazenby Worcester Sauce
- 30 g Beef Stock
- 300 g Potatoes, Flesh And Skin, Raw
- 2 Carrots, Raw
- 100 g Celery Stalk
- 400 g Canned Butter Beans in Brine
- 45 g Parsley, Fresh
- 5 g Spices, Pepper, Black
- 15 g MAGGI Chilli Garlic Sauce

### Instruction

1. Place the flour and paprika into a bowl. Season well with salt and pepper. Coat each piece of beef in the flour mixture, shaking off any excess flour.
2. Heat the oil in a deep casserole, and brown the beef, in batches, for 3 – 4 minutes per side, or until brown. Transfer to a plate and repeat with the remaining beef.
3. Return the casserole to the stove and gently fry the baby onions for 3 - 4 minutes, adding more oil if necessary. Return the beef to the pot, with the tomato paste, bay leaves, MAGGI Lazenby Worcestershire Sauce, MAGGI Chilli Garlic Sauce and beef stock. Bring to simmer and cook, covered for 45 - 60 minutes, depending on the size of the beef cubes.
4. Add the potatoes, carrots and celery and cook for a further 30 minutes, or until the vegetables are tender.
5. Add the butter beans, parsley and season with black pepper. Cook for 5 minutes.
6. Serve with butternut mash, crusty bread, or MAGGI Steak & Chops Flavour 2 Minute Noodles, rice or samp.

### Nutrition

Carbohydrates	19.38 g
Energy	532.9 kcal
Fats	44.81 g
Protein	9.62 g

🕒 92 Minutes

⊕ 10 Portions