



# LOVES FOOD

## **BEEF CARROT & PEA STEW**

### **INGREDIENTS:**

- 1 kg of beef steak cut into medium cubes (caters to about 6 people)
- 2 large ripe tomatoes grated
- 3 tablespoons of cooking oil
- 1 sachet of tomato paste (2 tablespoons)
- 2 teaspoons of Bisto powder
- 1 teaspoon of salt
- Spring onion leaves diced
- 1 large onion diced
- 3 carrots cut into large circles
- 1 cup of frozen peas washed and drained

### **METHOD:**

1. Wash, peel and cut your carrots.
2. Wash and strain your frozen peas.
3. Wash and drain the beef and boil until all the water has evaporated
4. Add cooking oil and dices onion and fry until beef and onion are slightly browned
5. Add grated tomato, salt and tomato paste
6. Allow to simmer for 10 minutes
7. Add carrots and peas and allow to simmer for another 5 minutes
8. Whisk Bisto with a bit of cold water then add this to the pot to make a nice thick gravy
9. Garnish with spring onion

### **SERVING SUGGESTION**

This hearty stew goes well with Nshima or rice. It is a great all in one recipe for winter or rainy days and will soon be a family favourite.

Enjoy!

With love,  
From Famous Warrior's kitchen