



LOVES FOOD

BEEF AND OKRA 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
- 500g of fresh okra

METHOD:

1. Clean the okra and cut into chunks the same size as the beef
2. Wash and drain the beef and boil until all the water has evaporated
3. Add cooking oil and dices onion and fry until beef and onion are slightly browned
4. Add grated tomato, salt and tomato paste
5. Allow to simmer for 10 minutes
6. Add okra and allow to simmer for another 5 minutes
7. Whisk Bisto with a bit of cold water then add this to the pot to make a nice thick gravy
8. 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