



Beef Stew
RECIPE

Beef Stew



Cooking time

60 mins

Preparation time

25 mins

Serves

4

There's nothing quite like a homemade beef stew to get the family around the table. Double up the recipe for your next big gathering.

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Ingredients

- 1kg beef stewing beef
- salt and pepper (half teaspoon each)
- 45ml oil
- 1 large onion finely chopped
- 4 cloves garlic crushed
- 4 tomatoes grated
- 1 tbsp chutney or brown sugar
- 5 cups boiling water
- 4 tbsp Royco® Hearty Beef 2in1 Stew Mix (mix into paste to add to the stew)
- chopped fresh parsley to garnish
- - BAKED CINNAMON & HONEY BUTTERNUT INGREDIENTS:
- 1 whole butternut peeled and sliced
- 3 tbsp melted butter
- 2 tbsp honey
- 1 tsp cinnamon
- 1 tbsp Royco® Hearty Beef 2in1 Stew Mix
- - SPINACH AND POTATOES WITH PEPPERS INGREDIENTS:
- 45ml oil
- 1 onion chopped
- half green pepper chopped
- half red pepper chopped
- 2 potatoes peeled and diced
- 1 carrot peeled and diced
- 1 cup water
- 1 pkt Royco® Brown Onion Gravy
- 1 bunch spinach chopped

Products used



Brown Onion Dry Gravy

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Rich & Beefy 2in1 Stew Mix

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Vegetarian

Create a veggie stew by replacing the beef with chunks of butternut, sweet potato and marrow. And flavour and thicken with your favourite Royco® Soup.

Family Friendly

Add loads of veggie vitamins to this dish by grating in marrow and carrot along with the tomato.

Method

1. 1.
Heat the oil in a heavy based pot, season the meat with salt and pepper
2. 2.
Brown the meat in batches, remove and keep aside
3. 3.
In the same pot add the onion and fry for 2 minutes then add the, garlic and cook for 1 minutes
4. 4.
Return the meat to the pot and water, tomatoes and chutney or sugar
5. 5.
Reduce heat to medium and cook for one and a half hour keep checking if needs more water
6. 6.
Add Royco® Hearty Beef 2in1 Stew Mix and cook for a further 20 minutes

BAKED CINNAMON & HONEY BUTTERNUT METHOD

1. 1.
Place the sliced butternut in a roasting tray
2. 2.
Drizzle with melted butter, honey and sprinkle cinnamon and Royco® Hearty Beef 2in1 Stew Mix
3. 3.
Mix to coat and roast for 45 minutes

SPINACH AND POTATOES WITH PEPPERS METHOD

1. 1.
Heat oil in a saucepan and sauté onion until soft
2. 2.
Add peppers and cook for 3 minutes
3. 3.
Add potatoes, carrot and water then cover and cook for 15 minutes
4. 4.
Once vegetables are soft add spinach and sprinkle Royco® Brown Onion Gravy and mix to combine
5. 5.
Cook for 5 minutes

Recipe Tags

[2 In 1 Stew Mix](#), [Packet Soups](#), [Beef](#), [Stew](#)

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60 mins

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Cooking time

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30 mins

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Oxtail Casserole

Cooking time

120 mins

Preparation time

15 mins

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Lamb Tray Tagine

Cooking time

180 mins

Preparation time

20 mins

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Rich and Tasty Beef Stew

Cooking time

90 mins

Preparation time

30 mins

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Beef Stew with Soft Dumpling

Cooking time

90 mins

Preparation time

30 mins

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African Style Tripe With Trendy Pap

Cooking time

150 mins

Preparation time

50 mins

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Peachy Chicken Casserole

Cooking time

90 mins

Preparation time

15 mins

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