Hearty Beef Stew
RECIPE

Hearty Beef Stew

Cooking time	30 mins
Preparation time	30 mins
Serves	4

Making a deliciously comforting stew needn’t be complicated. Here’s an easy recipe that will appeal to the whole family all year round. Tip: try adding dried prunes or black olives for an extra pop of flavour.

Ingredients

- 500 g stewing beef
- 30 ml (2 Tbsp) oil
- 1 large onion, peeled and chopped
- 2 cloves garlic, crushed
- 1 red pepper, diced
- 500 ml (1 cup) cherry tomatoes
- 2 potatoes, peeled and cubed
- a sprig of fresh thyme
- 1 sachet Royco® Beef Casserole with Rosemary Cook-In Sauce
- 500 ml (2 cups) water
- black pepper, to taste

Vegetarian

Replace the beef with button mushrooms and cooked lentils for a satisfying meat-free version.

Family Friendly

Add other veggies of your choice (such as grated carrots and peas) for extra nourishment, and serve with creamy mash.

Method

1. Cut the beef into cubes. Heat the oil in a pot and fry the beef on all sides until well browned. Remove from the pot and set aside.
2. In the same pot, fry the onions over a medium-low heat until soft, adding more oil if

needed. Add the garlic and cook gently for another minute.
3. Return the beef cubes to the pot and add the red peppers, cherry tomatoes, potatoes and thyme.
4. Pour in the contents of the sachet of Royco® Beef Casserole with Rosemary Cook-In Sauce, then add the water and stir well.
5. Turn down the heat and simmer for about an hour, or until the meat is tender.
6. Season with black pepper and serve piping hot with rice, pap or crusty bread.

Recipe Tags

Wet Cook In Sauce, Beef, Stew, Meat and Veg

Related Recipes

Roasted Garlic & Lemon Lamb Kebabs on Couscous

Cooking time

15 mins

Preparation time

60 mins

Lamb Tray Tagine

Cooking time

180 mins

Preparation time

20 mins

Sticky Chicken Wings

Cooking time

15 mins

Preparation time

5 mins

Spiced Couscous with Pork and Almonds

Cooking time

10 mins

Preparation time

20 mins



Beef Short Rib with Sweet Potato Bake

Cooking time

50 mins

Preparation time

20 mins



Chicken a La King

Cooking time

30 mins

Preparation time

15 mins



Lamb & Tomato Potjie

Cooking time

120 mins

Preparation time

15 mins



Beef Stew with Soft Dumpling

Cooking time

90 mins

Preparation time

30 mins

Mediterranean Vegetable Hot Pot

Cooking time

40 mins

Preparation time

15 mins

One Pot Wonder

Cooking time

60 mins

Preparation time

20 mins

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