



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.

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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

Products used



Beef Casserole with Rosemary Wet Cook-In Sauce

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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](#)

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Cooking time

15 mins

Preparation time

60 mins

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Cooking time

180 mins

Preparation time

20 mins

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Cooking time

15 mins

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5 mins

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[Spiced Couscous with Pork and Almonds](#)

Cooking time

10 mins

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20 mins

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Cooking time

50 mins

Preparation time

20 mins

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Chicken a La King

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Preparation time

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Lamb & Tomato Potjie

Cooking time

120 mins

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Cooking time

90 mins

Preparation time

30 mins

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Mediterranean Vegetable Hot Pot

Cooking time

40 mins

Preparation time

15 mins

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One Pot Wonder

Cooking time

60 mins

Preparation time

20 mins

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