

Panasonic Cooking

Traditional Beef Stew

How to transform an inexpensive, tough cut of beef into a tasty tender stew? Try this Beef and Pepper Stew with Black Beans!

Ingredients:

1 kg (2 lbs, 4 ounces) stewing beef

2 (approximately 200 g) carrots, peeled and sliced

1 med sized onion, chopped

1 stalk of celery, chopped

2-3 small potatoes

2 cloves of garlic

30 ml (2 tbsp) tomato paste

15 ml (1 tbsp) Worcestershire sauce

750 ml (3 cups) beef stock*

50 g (4 tbsp) flour

30 ml (2 tbsp) canola oil

3 bay leaves

15 ml (1 tbsp) dry thyme

15 ml (1 tbsp) dry rosemary

5 ml (1 tsp) ground black pepper

2.5 (1\2 tsp) ml salt

Directions

1. Combine flour and oil, coat the stewing beef with the mixture, place in the multi cooker pan, close the lid, select the Steam setting, and press Start.
2. Once you hear the beep, press Stop, open the lid, and place all of the remaining ingredients in the pan, close the lid, select the Stew setting, adjust the timer to 3 hours, and press Start.

**homemade beef stock would be the best option. However, there are many other options available at the grocery store such as concentrated bases, bouillon cubes and canned stock. Whichever you choose, follow the instructions for reconstitution and adjust the amount of salt in the recipe. Season to taste at the end of the cooking process.*

A few different ways

Reduce beef stock to 500 ml; replace the carrot, onion, celery and potatoes with:

1. Mixed bell peppers, onions, tomatoes and black beans
2. Mushrooms, pearl onions, whole baby red potatoes and 250ml heavy cream
3. Beef goulash: 1 chopped bell pepper, two chopped tomatoes, 2 tbsp paprika, and 1\2 tsp caraway seeds.
4. Beef curry: 2 tbsp curry powder, 1 tbsp chopped ginger, 2 chopped tomatoes, 5 ml lemon juice, and 3 tbsp chopped fresh cilantro.