

Family Favourite Beef Stew

Ingredients

- 1 sudu besar Corn Oil
- 350 g Beef
- 1 sudu besar Flour
- 1 Onion
- 10 ulas Garlic
- 1 sudu kecil Oregano
- 1 sudu kecil Thyme
- 2 pcs Bay Leaf
- 2 sudu kecil Paprika
- 2.5 cawan Water
- 1 sudu besar Tomato Paste
- 0.25 cawan MAGGI® Tomato Ketchup
- 0.5 Potatoes
- 0.25 Green Capsicum
- 0.25 Red Capsicum
- 0.5 Leek
- 1 Small Carrot
- 1 stem Celery
- 2 cubes MAGGI® Chicken Stock Cube

Instruction

1. Heat pan with oil, in a bowl mix beef and flour. Panfry beef until half cooked or golden brown. Set aside.
2. Using the same wok from beef, stir fry onion, garlic, oregano, bay leaf, paprika until aromatic and add in beef. Pour in water, tomato paste and MAGGI Tomato Sauce. Stir thoroughly.
3. After boiling, add in ingredients potato, capsicum, leek, carrot, celery and simmer for 15 minutes.
4. Add in MAGGI CHICKEN CUBE, stir well and simmer another 10 minutes with low heat. Let the gravy become slightly thick.

Nutrition

Karbohidrat	15.98 g
Tenaga	171.46 kcal
Lemak	5.57 g
Protein	14.73 g

45 Minutes

6 servings