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by ewfood

Beef Guisado

Ingredients

1.5fl oz. vegetable oil
2 onions, chopped
3 cloves garlic, crushed
2 tomatoes, cubed
2fl oz. soy sauce
32fl oz. beef or vegetable stock
Salt and pepper to taste
Servings
4
Person
Preparation Time
10
min
Cooking Time
30
min

Preparation

1. In a pan or wok heat the oil. Add the onions and garlic and sauté. When it begins to brown add the tomato and sauté until soft
2. Add the beef and cook until sealed on all sides, about 2 minutes
3. Add the soy sauce, broth and salt and pepper
4. Bring to a boil, reduce heat and simmer for approximately 20 minutes or until the beef is tender
5. Serve with rice.

Cooks Note

Preparation time: 10 minutes, Cooking time: 30 minutes, Serves 4