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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
