



Posted on 21 August 2013
by Kath Laureano

Beef Stew with Vegetables



Ingredients

1 kilo sirloin steak cut into small pieces
6 cups water
2 small potato, quartered
1 head garlic finely crushed
2 carrots, thick sliced
2 tablespoons butter
A bunch of pechay
1 small onion, quartered
1 chorizo de Bilbao or pepperoni
½ cup crushed onion
1/4 pound green beans salt to taste
4 pcs ripe banana (saba), cut into pieces
8 peppercorns

Preparation

- 1 Simmer beef in water until tender. Set aside broth.
- 2 Boil potato and carrots in beef broth and set aside.
- 3 In a large saucepan, saute' garlic and crushed onion in butter.
- 4 Add beef, chorizo or pepperoni, broth, green beans, pechay and ripe banana.
- 5 Also add quartered onion and peppercorns. Simmer until vegetables are done.
- 6 Add salt to taste. When ready to serve, garnish with potato and carrots.

Cooks Note
