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## 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

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