

Sensational stew



2 tsps organic butter or coconut oil
2 white onions, chopped
8 green finger chillis, sliced
1 scotch bonnet, sliced
6 cloves garlic, finely chopped
30g fresh ginger, finely chopped
600g diced beef
2 tsps garam masala
2 tsps turmeric
1 tsp fenugreek seeds
5 cardamom pods
2 tsps chilli powder
1 tsp sea salt flakes
1 tsp ground black pepper
½ pint fresh chicken stock (see recipe on page 58 or make with 1 organic stock cube)
200g tinned chopped tomatoes

SERVES 5

Melt the butter / oil in a large saucepan. Add the onions and sauté gently for 5 minutes, stirring occasionally.

Add the green chillis, scotch bonnet, ginger and garlic, stir and cook for 2 minutes.

Add the beef, spices, salt and pepper, and stir well to coat the beef.

Add the tomatoes and stir well. Cook for 1-2 minutes. Add the stock, bring to a boil, then reduce to a simmer. Cover and cook for 2-3 hours (or until beef is tender), stirring every 30 minutes.

Store any leftovers in an airtight container and refrigerate for up to 3 days or freeze on same day.

Serving suggestion:

Serve with steamed rice or cauliflower rice if you're watching your carbs and some leafy green vegetables



PER SERVING:
291 Calories
13g Carbs
35g Protein
11g Fat

