

 **Preparation:** 15 mins  
**Cooking:** about 1 hr

 **Serves:** 4

 **Difficulty:** easy



# Beef stew

An easy and tasty beef dish. Serve with mashed potatoes, rice, pasta or bread, and some side vegetables.

## INGREDIENTS

- 1 tbsp rapeseed oil
- 1 large onion, finely chopped
- 5 garlic cloves, finely chopped
- 1lb prime diced beef
- 1 tbsp flour
- 50ml teriyaki sauce
- 250g chestnut mushrooms, quartered
- 2 large tomatoes, whole
- 300ml beef stock
- 1½ tsp dried oregano
- ½ tsp dried thyme

## RECIPE

1. Heat the rapeseed oil in a large saucepan.
2. Fry the onions and garlic until they're sweating.
3. Coat the beef in flour and add to the pan.
4. Stir regularly to make sure the meat gets sealed from all sides.
5. Add the teriyaki sauce once the meat starts sticking to the pan.
6. Add the mushrooms and fry some more.
7. Now add the beef stock, whole tomatoes, and the oregano and thyme.
8. Reduce heat and simmer for 45–50 minutes.
9. Keep an eye on it and add some more water if the sauce becomes too treacly.
10. After removing skins, mush tomatoes.

Serve with mashed potatoes, rice, pasta or bread, and some side vegetables (such as peas, Brussels sprouts, carrots, etc.).

