

BEEF STEW

Serves 4

INGREDIENTS:

1/3 cup	Olive oil
1	large onion (sliced)
Chopped Meat of your choice	
1 small can	tomato paste
1 tin	tomatoe cubes (4 fresh)
2 cubes	magi/knor
1/2 tsp each:	Thyme, chilli powder, fresh ginger
Salt – to taste	
2	bay leaves

DIRECTIONS:

- *Place a pot with a tight fitting lid on medium heat, add in the oil. Heat up the oil, add in the chopped onions and bay leaf. Stir-fry until onion is translucent and fragrant.*
- *Add the meat and cook until golden brown.*
- *Add the tomato paste, cover and leave to fry for 3-5 minutes, stir occasionally. Add tomato cubes in the maggi, thyme, chilli powder, ginger and salt. Combine.*
- *Reduce the heat to minimum and leave to cook (on low-medium heat) for 25 minutes.*
- *Garnish with fresh coriander or parsley and serve with jollof rice.*