



HEARTY BEEF STEW

HEAT LEVEL 

Warm your soul with our Hearty Beef Stew, a comforting bowl brimming with tender chunks of beef, hearty vegetables, and a rich broth, creating a nourishing and flavorful experience that embodies home-cooked perfection

25 Mins

4 Servings



INGREDIENTS

30 ml (2 Tbsp) cooking oil
1 kg beef goulash cubes
1 large onion, coarsely chopped
200 ml ($\frac{3}{4}$ cup) Spur Steak Sauce, Spur BBQ Sauce or Spur Grill Basting
200 ml (1 sachet) Spur Tomato & Chilli Sauce
60 ml ($\frac{1}{4}$ cup) Spur Peri-Peri Sauce
375 ml ($1\frac{1}{2}$ cup) water or beef stock
15 ml (1 Tbsp) chopped fresh thyme or 5 ml (1 tsp) dried
5 ml (1 tsp) Spur Steakhouse Seasoning
3 ml ($\frac{1}{2}$ tsp) Spur Seasoning Salt
Freshly ground black pepper to taste
4 large carrots, peeled and thickly sliced
125 g baby marrows, thickly sliced
About 15 ml (1 Tbsp) cornflour for thickening

METHOD

- 1 Heat the oil in a heavy-based saucepan, add the beef cubes and fry until golden brown. Add the onion and sauté until soft.
- 2 Add Spur Steak Sauce, Spur Tomato & Chilli Sauce, Spur Peri-Peri Sauce, water, thyme, Spur Steakhouse Seasoning and pepper. Bring to the boil, then cover and reduce heat. Simmer for about 50 minutes.
- 3 Add vegetables and simmer for a further 15 minutes, until soft. Add more Spur Steak Sauce or water if necessary. Thicken the sauce with cornflour and water. Serve with rice.

VARIATIONS

- 1 Substitute the onion with 300 g (about 12) pickling onions.
- 2 Add 4 medium potatoes, peeled and cut into chunks.

