



Mixed meat stew - Gioulbasi

20'
Hands on

180'
Cook Time

8-10
Portion(s)

1
Difficulty



Method

- Place a roaster pan over high heat. If your roaster pan is not stovetop safe, you can use a large and deep frying pan.
- Cut the meat into large pieces, 4-5 cm each, and add them to a bowl. Add olive oil, salt, pepper, and mix.
- Add the meat into the roaster pan and sauté well on both sides until golden brown.
- Quarter the onion, cut the garlic and the peppers into large pieces, and add them to the roaster pan.
- Add the wine, the lemon juice, the tomatoes into cubes, the water, the stock, and mix.
- Cut the kefalotyri cheese into small pieces and add them to the roaster pan. Add the oregano, the honey, and mix.
- Close the lid of the roaster pan and roast in the oven for 2 ½ -3 hours.
- Serve with bread.

Ingredients

- 500 g beef, shank
- 500 g lamb, leg
- 500 g pork, leg
- 1 tablespoon(s) olive oil
- salt
- pepper
- 1 onion
- 2 clove(s) of garlic
- 1 red bell pepper
- 1 yellow bell pepper
- 1 green bell pepper
- 600 g tomatoes
- 100 g white wine
- lemon juice, of 1 lemon
- 300 g water
- 1 tablespoon(s) vegetable stock pot
- 300 g kefalotyri cheese
- 1 tablespoon(s) oregano
- 1 tablespoon(s) honey

To serve

- bread

Διατροφικός πίνακας

Nutrition information per portion

426 Calories (kcal)	27.0 Total Fat (g)	13.0 Saturated Fat (g)	7.6 Total Carbs (g)
21%	39%	65%	3%
6.5 Sugars (g)	36.0 Protein (g)	1.9 Fibre (g)	2.5 Sodium (g)
7%	72%	8%	42%