



Lagoto - Tomato Beef Stew

15'

Hands on

100'

Cook Time

4-6

Portion(s)

1

Difficulty



Ingredients

- 1 kilo of beef top round or flank steak (cut into large pieces)
- Olive oil for sautéing
- 1 whole garlic, peeled and separated
- 500 g tomato juice
- pinch of sugar
- salt and pepper
- ¼ teaspoon ground cinnamon
- 1/8 teaspoon ground cloves
- 100 g walnuts
- 2-3 tablespoons bread crumbs

Method

- In a baking pan spread the walnuts. Place in a 180 C° oven and bake for 10 minutes or until toasted.
- Remove from the oven and let cool. Place them in a food processor and pulse until they turn into crumbs. Pour into a bowl and put aside.
- Place the garlic in the food processor and pulse until chopped but not pulverized.
- Place some olive oil in a pot and heat until the oil is very hot. Add the meat which is cut into large pieces, and sauté well on all sides.
- Add the garlic and sauté for 1-2 minutes.
- Add the tomato juice and sugar and continue sautéing. Add as much hot water needed to cover the meat. Simmer on low heat until the meat is tender and the sauce has thickened a bit.
- Add the cinnamon and clove. It's up to your taste buds how much spice you add. But remember you are cooking a meal and not a dessert.
- While simmering we add salt very, very slow, we will add the pepper later at the end of boiling.
- When the meat is tender we remove from the broth. There should be enough liquid remaining which will not be very thick but a light broth.
- Add the walnuts and bread crumbs to the sauce; boil for a few moments, until the sauce thickens.

Tip

Would you have preferred the food to be tender or not? If you want a thicker sauce you can add more or less of the breadcrumbs. The outcome is to have the perfect meal with a rich sauce. Some great sides to accompany this dish would be rice, mashed potatoes or even french fries.

Διατροφικός πίνακας

Nutrition information per portion

407 Calories (kcal)	21.0 Total Fat (g)	4.0 Saturated Fat (g)	10.0 Total Carbs (g)
20%	30%	20%	4%
5.4 Sugars (g)	42.0 Protein (g)	2.4 Fibre (g)	0.19 Sodium (g)
6%	84%	10%	3%