



Tomato Beef Stew

10'
Hands on

120'
Cook Time

4-6
Portion(s)

1
Difficulty



Method

- Place a [nonstick pan](#) and a [pot](#) over high heat.
- Thinly [slice](#) the celery.
- Coarsely chop the onion and garlic.
- Chop the carrots into rounds.
- To the pan, add 2 tablespoons of olive oil along with the vegetables, salt, pepper and thyme. Sauté for 2-3 minutes until they caramelize nicely.
- Cut the meat into small pieces and transfer to a bowl. Add the flour, salt and pepper. Mix well to completely coat the meat.
- To the pot, add 4 tablespoons of olive oil along with the meat. Sauté for 2-3 minutes until golden on both sides.
- To the pan with the vegetables, add the tomato paste and stir until it dissolves. Transfer mixture to the pot with the meat.
- Quarter the tomatoes and add them to the pot along with the sugar, salt and pepper.
- Add the wine and let the mixture heat for 5 minutes until it comes to a boil.
- Cover pot with lid, lower heat to medium and simmer for 2 hours.
- When ready, remove from heat and serve with [basmati rice](#), thyme, pepper and extra virgin olive oil.

Ingredients

- 3 stick(s) celery
- 1 onion
- 1 clove(s) of garlic
- 3 carrots
- 6 tablespoon(s) olive oil
- 1 kilo beef, rump
- 50 g all-purpose flour
- salt
- pepper
- 500 g red wine
- 2 tablespoon(s) thyme
- 1 tablespoon(s) tomato paste
- 800 g tomatoes
- 1 level tablespoon(s) granulated sugar

To serve

- 300 g basmati rice
- 1 tablespoon(s) thyme
- 1 tablespoon(s) olive oil
- pepper

Διατροφικός πίνακας

Nutrition information per portion

503 Calories (kcal)	28.0 Total Fat (g)	8.3 Saturated Fat (g)	19.0 Total Carbs (g)
25%	40%	42%	7%
12.0 Sugars (g)	37.0 Protein (g)	4.5 Fibre (g)	1.1 Sodium (g)
13%	74%	18%	18%