



Greek-style beef stew with grape molasses

20'
Hands on

120'
Cook Time

6-8
Portion(s)

1
Difficulty



Method

- Place a **pot** over high heat and add the olive oil.
- **Cut** the beef into 2-3 cm pieces and add them to the pot. Add salt, pepper, and sauté until the meat is golden brown.
- Cut the onions into large pieces, the garlic into slices, add them to the pot, and sauté. Add the thyme, the cinnamon sticks, the bay leaves, and stir.
- Add the tomato paste and keep stirring.
- Cut the tomatoes into cubes, add them to the pot, and then deglaze with the grape molasses.
- Add the water, salt, pepper, and stir.
- Cover with the lid and let it simmer over medium-low heat for 1 ½- 2 hours.

To serve

- In a pot with boiling water, add some salt and the pappardelle pasta. Boil the pasta according to the packet's instructions.
- Drain and add some olive oil.
- Serve with mizithra cheese and oregano.

Ingredients

- 1 kilo beef, tenderloin
- 2 tablespoon(s) olive oil
- salt
- pepper
- 1 onion
- 1 clove(s) of garlic
- 1 tablespoon(s) thyme
- 3 stick(s) cinnamon
- 2 bay leaves
- 1 tablespoon(s) tomato paste
- 700 g tomatoes
- 100 g grape molasses
- 500 g water

To serve

- 500 g pappardelle
- 2 tablespoon(s) olive oil
- mizithra cheese
- oregano

Διατροφικός πίνακας

Nutrition information per portion

356 Calories (kcal)	20.0 Total Fat (g)	7.2 Saturated Fat (g)	16.0 Total Carbs (g)
18%	29%	36%	6%
15.0 Sugars (g)	26.0 Protein (g)	1.7 Fibre (g)	1.3 Sodium (g)
17%	52%	7%	22%