



This stew is easy to make and full of flavour. It does need salt and I know some people avoid salt altogether but salt really makes the flavours in this ping. You can also substitute lemon juice for vinegar.

It goes well with rice or boiled new potatoes.



The way I make Beef & Pepper Stew is **Ingredients:**

Serves 4

- 400 -500g of stewing beef
- 1 tin tomatoes
- 1 red bell pepper
- 1 yellow bell pepper
- 3 large carrots
- 2 garlic cloves
- 1 tsp white wine vinegar/ 1/2 small lemon juiced
- 1 tsp tomato purée
- olive oil
- salt & pepper

Instructions:

1. Turn on the oven to 200° C (390° F, Gas Mark 6).
2. Remove the stalks, seeds and white pith from the peppers. Chop up the peppers roughly.
3. Chop up the carrots into thick slices.
4. Slice the garlic.
5. Fry the beef on high heat, just searing it (browning them on the outside) in a heavy pot

that you can use in the oven. If you have a casserole dish that you can use in the oven but not on top of the cooker, just use a frying pan to sear the meat and vegetables and then transfer over to the casserole for stewing in the oven.

6. Add the peppers, carrots and garlic and stir around. Add the tin of tomatoes and fill a quarter of the empty tin with water and add this also. Stir in the tomato purée and break up the tomatoes with the spoon.

7. Add a pinch of salt. Add the carrots, stir around and then add the vinegar or lemon juice and give it a good stir around.

8. Cover the pot (or transfer to your casserole dish) and leave in the oven to stew for 2 hours.

9. Take out and season to taste.