

POTATO AND BEEF STEW



Author:

Serving: -

Cooking Time: -

Prep Time: -

INGREDIENTS

- 1kg cubed beef
- 500g potatoes (peeled and cubed)
- 2 sachets of BBQ spice
- 2 tablespoons of rich oxtail
- A cup of stock
- 1 onion (chopped)
- Oil for frying

INSTRUCTIONS

1. Add oil to your pot and fry onion
2. Add beef and fry for 10 minutes
3. Add BBQ spice, stock and cook till beef is soft for about 15 minutes
4. Add potatoes and cook for a further 20 minutes
5. To finish it off mix rich oxtail with half a quarter cup of water and mix in the stew

Tip: give your potatoes the beef flavor by cooking them with your beef and not separate