

OVERALL time: 185 mins

Beef & Bean Stew

Metric

Number of servings : 8

ingredients

For the stew

- 1.5 kg bone in stewing beef, cut into chunks
- 50 g flour
- **Cape Herb and Spice Texan Steakhouse Rub**
- 1 large onion, diced
- 2 medium carrots, peeled & sliced
- 2 stalks celery, sliced
- 2 sprigs fresh rosemary
- 4 sprigs fresh thyme
- 5 whole bay leaves
- 1 head whole garlic, sliced in half
- **Cape Herb and Spice Texan Steakhouse Rub**
- 2 Tbsp tomato paste
- 2 Tbsp balsamic vinegar
- 1 L good quality beef stock
- 1 400g tin white beans
- 1 400g tin black or kidney beans
- 150 g green beans, sliced

for cooking

- olive oil

For serving

- chopped parsley

THIS IS WHAT YOU WILL NEED TO DO

PREP TIME: 20 mins | COOKING TIME: 165 mins

Preheat oven to 160°C.

Pat beef dry with paper towel.

Place in a bowl and toss with flour.

Heat a drizzle of olive oil in a large heavy-based pot over a medium heat.

Add the meat to the hot oil and season well with **Cape Herb & Spice Texan Steakhouse Seasoning**.

Sear in batches until golden brown all over.

Remove and set aside.

Heat another drizzle of oil in the same pot.

Add the onion, carrots, celery, garlic and herbs.

Season well with **Cape Herb & Spice Texan Steakhouse Seasoning** and sauté until fragrant.

Add the tomato paste and balsamic and cook for a minute.

Pour in the stock, making sure to scrape any stuck brown bits off the bottom of the pot.

Return the browned beef to the pot.

Bring to a simmer and cover with a lid.

Transfer to the oven and cook for about 2 hours until the meat is fall off the bone tender.

Check in on the meat and add the tinned beans with about 30 minutes to go.

Remove from the oven and gently stir in the green beans.

Simmer on the stovetop for 5-10 minutes to cook the green beans.

Ladle into warm bowls and sprinkle with some fresh parsley. Serve and enjoy!

Pressure cooker instructions:

Follow all stovetop directions using the sauté function on your pressure cooker.

When adding the stock and returning the seared meat, place the meat in the pressure cooker with the aromatics first and then pour over enough stock to just cover the meat.

Seal the pressure cooker and set on high pressure for 45 minutes.

Allow for a 10 minute natural release and then quick release the pressure.

Return the pressure cooker to sauté mode and add the tinned beans and simmer.

Finally add the green beans just before serving.

<https://mail.capeherb.co.za>

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