



Hearty, tasty, and protein rich, this spicy beer beef stew recipe is comforting, warming, and guaranteed to leave no empty tummies. Ready for something new?

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### Ingredients

1 kg of beef

1 can of beer

1 red onion, chopped

1 large carrot, finely diced

2 ripe tomatoes, grated

1 tablespoon of tomato paste

2 beef cubes

1/2 a teaspoon of cayenne pepper

1 tablespoon of coriander powder



1 tablespoon of black/white pepper

Salt to taste

## Method

Cut your raw beef up and put it to boil. After it is just ready, add some more water and 3/4 of the can of beer and allow this to boil until all the liquid in the sufuria is gone. Remove from sufuria and set aside.

In the same sufuria, add your onions and garlic. Fry them until they are soft. Be careful not to burn the garlic. To this add your tomatoes and tomato paste and mix it all up. Add 1/4 cup of hot water and mix. Let it simmer for about 4 minutes then add the boiled meat.

Add the spices and salt according to your taste and mix everything together. Then add the carrots and the remaining 1/4 can of beer and mix. If you would like a bit more soup, you can add some hot water 1/4 cup at a time until you get the level you want without making the soup unappealingly watery.

Cover with a lid and allow this to simmer for about 10-15 minutes. Garnish with some fresh coriander then serve.



SERVE WITH: preferably with hot ugali, chapati, rice or your preferred starch.

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This recipe was brought to you by Kaluhi's Kitchen from: <http://www.kaluhiskitchen.com/spicy-beer-beef-stew/>