



thyme+beer marinated mushroom beef stew

After a very fun chat about marinades on twitter, I got inspired to make a beef stew with my favorite marinade ingredients that I know you'll love too! <3



Ingredients

¼ kg of beef	1 red onion, diced
1/2 a cup of beer	5 cloves of garlic, minced
½ a teaspoon of dried thyme	1 tomatoes, grated
½ a teaspoon of dried rosemary	1 tablespoon of tomato paste
½ teaspoon of black pepper	¼ teaspoon of chili flakes
3 tablespoons of finely chopped spring onion	1 tablespoon of royco
1 tablespoon of soy sauce	2 carrots, diced
½ a teaspoon of habanero chili	Salt to taste
200 g of button mushrooms	Vegetable oil for frying

Method

In a container, place your chopped beef and add the habanero, spring onion, beer, soy sauce, pepper, rosemary and thyme overnight. Mix everything until combined then let this marinate refrigerated overnight or up to 72 hours. Once done, boil the meat until tender with all marinade components and set aside.

In a sufuria, add your diced onion, chili and the minced garlic and allow this to cook until softened and fragrant. Then, add the tomatoes and tomato paste and let this simmer for about 3 minutes. Then add the royco and let everything simmer for about 7 minutes so that everything cooks down. Thereafter, add your pre-cooked marinated beef and carrots and mix them in. Allow them to simmer on low heat for about 10-15 minutes for the mchuzi to thicken. 5 minutes before serving, add your chopped mushrooms then let them cook in on low heat. Once done, garnish with fresh coriander and dig all the way innnnnnnn!



SERVE WITH: with your fave starch and veggies you like best <3

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

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