

RECIPES FROM

the bent soon

SEASON 3



NIGERIAN BEEF STEW

INGREDIENTS

- 1-2 pound of stewing beef, cut in small pieces
- 1 cup of canola, vegetable, or corn oil - adjust as needed
- 1 medium yellow onion
- 4 roma tomatoes (less acidic)
- 4 peeled garlic cloves
- 1/4 cup of chopped parsley
- 3-4 tablespoons of celery leaves
- 1/2 or whole scotch bonnet pepper (optional)
- 1-2 basil leaves
- 1 teaspoon of fresh thyme
- 1 can of tomato puree
- 1/2 teaspoon of curry powder
- 1 teaspoon of white pepper
- 1-2 teaspoons of smoked paprika
- 1 tablespoon of beef bouillon powder
- 1-2 green onions, sliced
- Salt (to taste)


RECIPE

- Boil beef with salt, pepper and some chopped onions in a medium pot until tender. It will take approximately 30 minutes or more, depending on the cut of beef and how you like your beef cooked. I sometimes use the pressure cooker to shorten the process. Reserve the stock for later use.
- Add cup of oil to the pot/pan and brown the beef for 5-10 minutes. Remove and set aside.

RECIPE, CONTINUED

- In a blender, blend the onions, tomatoes, garlic, parsley, celery, thyme, basil and scotch bonnet pepper.
- Gently pour the blend of pureed ingredients, and can of tomato puree in the saucepan, add curry powder, white pepper, smoked paprika and bouillon powder. Bring to a boil, reduce heat and simmer for about 30 minutes.
- Then return browned beef and simmer for another 10 to 15 minutes. Stir the pot frequently to prevent the sauce from sticking to the pot, occasionally adding beef stock or water as needed to prevent burning.
- Add green onions. Adjust seasonings and sauce consistency with water/stock and salt.
- Enjoy!

NOTES

- Feel free to add vegetables such as carrots, green beans or green pepper.
 - Remove some of the excess oil at the end before serving if needed.
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NIGERIAN BEEF STEW MADE BY

SAM