

BEEF & TOMATOES

Last Modified: 02/15/2016

PREP: 15 Min
COOK: 2 Hrs
STOVETOP

F MEDIUM

BRAZILIAN

MAKES 6 To 8 SERVINGS

QUA	MEASURE	INGREDIENT	PROCESS
3	Pounds	Beef Chuck	1" Cubes
4	Tbsp	Olive Oil	
2	Cups	Ripe Roma Tomatoes	Wedged
1	Cup	Yellow Onion	Coarse Chop
3	Cloves	Garlic	Minced
2	Tsp	Fresh Ginger (Peeled)	Grated
1	13 1/2 Oz	Unsweetened Coconut Milk (Thai Kitchen)	
1	Tbsp	Dried Oregano	
1	Tbsp	Red Pepper Flakes	
1	Tsp	Kosher Salt	
1	Tsp	Fresh Ground Black Pepper	
1	19 Oz	Can Black Beans (Drained & Rinsed)	
1 +/-	Pinches	Kosher Salt	To Taste
1 +/-	Pinches	Fresh Ground Black Pepper	To Taste
1/3	Cup	Fresh Coriander (Cilantro)	Chopped

OPTIONAL

		Wide Egg Noodles	Cooked
		Rice (U Choose)	Cooked
		Tortilla Chips	Warm

PREPARATION

FACTOID	I had this delicious hearty dish (on Egg Noodles) for lunch several times in the Bank Cafeteria while in Rio de Janeiro. A local Field Engineers wife worked in the cafeteria kitchen and he obtained the actual recipe from her for me.
FACTOID	This serves 6 as a Dinner and 8+ as a lunch.
TOOLS	1) Crock Pot & Lid 2) Blender OR Food Processor 3) Medium Mixing Bowl 4) 2 - Small Mixing Bowls 5) Large Cast Iron Skillet 6) Medium Non-Stick Skillet
PREP	DISH 1) Chop the Yellow Onions and set them aside. 2) Wedge the Roma Tomatoes and add them on top of the Onions. 3) Mince the Garlic Cloves and add them on top of the Onions. 4) Grate the Ginger and add it on top of the Onions. 5) Chop the Coriander Leaves and set them aside. 6) Drain and rinse the Beans and set them aside.

BEEF & TOMATOES

1	In a large cast iron skillet over medium high heat, heat the Olive Oil until it shimmers. Add in the Beef Cubes and brown them on all sides.
2	Reduce the heat to medium and add in the Tomatoes, Onion, Garlic and Ginger. Stir well and cook for 5 minutes.
3	Stir in the Coconut Milk and bring it to a boil. Reduce the heat to a simmer and cook until the Beef is tender, about 1 1/2 hours.
4	Stir in the Oregano, Red Pepper Flakes, Salt, Pepper and Beans and cook for an additional 15 minutes.
5	Adjust the seasoning with Salt and Pepper, Place a bed of your chosen Option on a serving plate and ladle the Stew over the top. Garnish with the Cilantro.
SERVE	Serve while hot with a nice Crusty Bread & Butter on the side.