

More than 1 hour

Makes 4½ litres

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Ingredients:

- 3 Tbsp (45ml) olive oil
- Salt and milled pepper
- 1.3kg stewing beef or beef goulash
- ½ cup (125ml) cornflour
- 2 onions, chopped
- 4 stalks celery, sliced
- 4 cloves garlic, grated
- 1 large packet (100g) tomato paste
- 1 cup (250ml) red wine (optional)
- 8 sprigs thyme
- 2 sprigs rosemary
- 6 carrots, grated
- 3 Tbsp (45ml) Worcestershire sauce
- 1 Tbsp (15ml) ground coriander
- 1 tsp (5ml) salt
- 6 cups (1.5L) beef stock
- 2 cans (400g each) chopped and peeled tomatoes
- 1 Tbsp (15ml) sugar
- ½ cup (125g) butter (optional)
- 2 cans (400g) each black beans and corn kernels
- 2 tsp (10ml) paprika

For serving:

- Sour cream
- Sliced avocado
- Fresh coriander

- Nacho chips

Method:

1. Heat oil in a large 6-8L pot.
2. Season beef and lightly coat with cornflour, dusting off excess.
3. Brown beef in batches (this prevents steaming).
4. Remove beef and set aside.
5. Sauté onion and celery for 8-10 minutes or until golden, adding more oil if needed.
6. Add garlic and tomato paste and cook until sticky.
7. Add wine (if using) and reduce by half.
8. Return meat and add herbs, carrots, Worcestershire sauce, coriander, salt, stock., tomatoes and sugar.
9. Simmer for 1½-2 hours or until meat is tender.
10. Add butter and stir until melted.
11. Stir through beans, corn and paprika and season.
12. Serve soup topped with dollops of sour cream, avocado, fresh coriander and nacho chips on the side.