More than 1 hour

Serves 4

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## Ingredients:

- 2 Tbsp (30ml) olive oil
- Salt and milled pepper
- 1kg beef chuck (or any stewing beef or goulash), cut into cubes
- A little cornflour, for coating
- 2 onions, chopped
- 3 cloves garlic, chopped
- 1 packet (50g) tomato paste
- 2 fresh or dried bay leaves (optional)
- 2 sprigs each fresh rosemary and thyme, or ½ tsp (3ml) dried Italian mixed herbs
- ½ cup (125ml) red wine (optional)
- 1 can (400g) cherry tomatoes (or chopped tomatoes)
- 2 Tbsp (30ml) Worcestershire sauce
- 2-3 cups (500ml-750ml) beef stock
- 500g carrots, thickly sliced
- 400g baby marrows, thickly sliced
- 3/4 cup (180ml) barley
- 2 cans (400g each) butter beans or cannellini beans
- ½ packet (150g) kale or Swiss chard, torn or shredded
- Cooked polenta, mashed potato or rice, for serving

## Method:

- 1. Heat olive oil in a heavy-bottomed pot.
- 2. Season meat and coat lightly in cornflour, dusting off excess this helps meat brown better and will thicken sauce slightly.
- 3. Brown meat in batches (remember, you want it to brown, not steam).
- 4. Reduce heat, remove meat, add a splash of oil if needed and sauté onion in the same

pot for 8-10 minutes or until golden-brown.

- 5. Add garlic and fry for a minute.
- 6. Return meat to pot, add tomato paste and herbs and fry for a minute until sticky.
- 7. Add red wine, if using, and cook for a minute or until reduced by half.
- 8. Stir in tomatoes, Worcestershire sauce and beef stock. Season.
- 9. Cover and simmer for about 40 minutes.
- 10. Add vegetables and barley and cook for 30 minutes more, stirring regularly to avoid catching.
- 11. Stir through beans and allow to heat up for a few minutes.
- 12. Add kale or Swiss chard just before serving.
- 13. Serve on polenta, mashed potato or rice.