



## Creamy Somp & Beef Stew

### Ingredients

500 grams Beets, raw  
 grams Salt and black pepper  
 30 grams Oil, Olive, Salad Or Cooking  
 60 grams Onions, Raw  
 8 grams Garlic, Raw  
 30 grams Tomato Paste  
 37 grams Cake Flour  
 750 grams Beef Stock  
 5 grams Spices, rosemary, dried  
 5 grams Sugars, Brown  
 210 grams Carrots, Raw  
 450 grams Potatoes, Flesh And Skin, Raw  
 150 grams Green Beans, Cooked And Sliced  
 410 grams Beans, kidney, all types, mature seeds, canned  
 500 grams Cooked Somp  
 1500 grams Water, Tap, Drinking  
 2000 grams Boiled Water  
 25 grams Margarine-like, vegetable oil-butter spread, tub, with salt  
 5 grams Aromat  
 30 grams NESTLÉ Cremora Original

### Instructions

1. Pat to dry the beef cubes. Season with salt & pepper.
2. In a large pot, heat 1 tablespoon of oil over a medium-high heat. Sear the meat in 2-3 batches until caramelized. Transfer each batch to a large plate and set aside.
3. Lower the heat. Add another tablespoon of oil to the pot along with the garlic and onions and stir while cooking, 5 minutes.
4. Sprinkle in the flour and stir in the tomato paste. Immediately add back the beef with its juices, the beef stock, the dried herbs and the sugar to the pot
5. Stir to loosen the browned bits from the bottom and bring to a boil. Cover with a lid, lower the heat to a simmer and cook for up to 1 ½ hours. With 30 minutes to go, add the carrots and the potatoes.
6. Once the meat and veggies are tender and the liquid has reduced and thickened to form a gravy, remove the pot lid, add the green beans and sugar beans to the stew and allow to cook for the last 10 more minutes.
7. In a large pot, soak the somp in cold water for 1 hour or overnight. Drain, rinse and refill the pot with water.
8. Bring to the boil. Allow to boil for 1½ - 2 hours until soft.
9. When the somp is tender, turn the heat to a low and add the margarine and Aromat to flavour the somp. Mix well, then stir in the Nestlé CREMORA Original. Simmer for 5 – 10 more minutes.
10. When creamy and soft, serve a generous portion topped with the beef stew. Sprinkle with some fresh parsley before serving and ENJOY!!

### Nutrients

Carbohydrates 112.19

301 Minutes

12 Servings

Energy	523.01
Fats	7.73
Protein	10.72