

OVERALL time: 240 mins

Chipotle Beef Stew

Slow-cooked comfort, with a smoky twist. This Chipotle Beef Stew is rich, hearty and infused with the smoky flavour of our Chipotle Chilli Seasoning. With roasted garlic, cumin and chipotle chillies adding a kick to every spoonful, it's the kind of meal you'll want to make on repeat

Metric

Number of servings : 8

ingredients

For the Beef

- 1.2 kg Beef chuck, bone in
- Olive Oil
- **Cape Herb and Spice Chipotle chilli**
- 2 Onions, finely diced
- 1 Red bell pepper, finely diced
- 6 Cloves garlic, peeled and crushed
- 800 g Tin diced tomatoes
- 500 ml Beef stock
- 800 g Tin kidney beans, rinsed and drained

Salsa

- 1 White onion, finely diced
- 1 Handful fresh coriander, chopped
- 1 Tbsp Fresh lime juice
- **Cape Herb and Spice Atlantic Sea Salt**
- Pinch of sugar

to Serve

- Warmed tortillas
- Fresh lime wedges

THIS IS WHAT YOU WILL NEED TO DO

PREP TIME: 30 mins | COOKING TIME: 210 mins

Method:

For the beef:

Trim excess fat off the chuck and cut into large chunks.

Place beef in a large bowl and drizzle with a little olive oil.

Season well with **Cape Herb & Spice Chipotle Chilli Seasoning**.

Place a large Dutch oven / heavy based pot with a lid on medium high heat.

Sear the beef in batches until caramelised and browned on all sides.

Set the beef aside.

Add the onions, bell pepper and garlic to the pot.

Cook until tender and fragrant, using the moisture from the vegetables to make sure you scrape up all the delicious little browned bits from the beef.

Add the tinned tomato and beef stock to the pot.

Stir and bring to a boil.

Reduce to a simmer and then return the beef and nestle it all in the liquid.

Place the lid on the pot and cook on low heat for about 2.5 hours until the meat is tender.

Remove the lid and add the beans.

Continue to simmer with the lid off until the sauce reduces and thickens nicely and the beef is super tender and falling off the bone.

Taste to adjust seasoning and add more **Cape Herb & Spice Chipotle Chilli Seasoning** if

desired.

For the salsa:

Combine all ingredients in a bowl and season to taste.

To serve:

Ladle stew into bowls and top with a little of the fresh salsa.

Serve with warm tortillas and lime wedges for a little freshness and enjoy!

Recipe Developed by Bianca Davies

@beeblegum on Instagram

<https://gazaviesproductions.com/>

<https://capeherb.co.za>

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