

Latino Beef



Feeds: 3 - 4

Time to cook: About 2 hours

Oven temperature: Gas mark 4, 180C, 350F

Take

Lean Beef braising steak

Oil

Garlic

Chorizo sausage

Green chilli

Tomato puree

Green olives

Beef stock

Can chopped tomatoes

Make

Heat 5ml (1tsp) oil in a large ovenproof dish. Add 450g (1lb) Lean Beef braising steak, cut into chunky cubes and brown all over.

Add 2 cloves garlic, squashed, 25g (1oz) chorizo sausage, thinly sliced, 1 green chilli, cut in half and deseeded, 30ml (2tbsp) tomato puree, 8 green olives, 150ml (¼pt) beef stock and 400g (approx) can chopped tomatoes, stir well, cover with a lid and cook for 1½ - 2 hours until meat is tender

Eat

Serve with black eye beans and rice and a fruity salsa of mango and pineapple