

IDEAL PROTEIN BEEF STEW

INGREDIENTS

- 10 oz steak cut into small cubes
- 1 small turnip cubed
- 2 or 3 stalk celery diced
- 1 small leek diced
- ½ or 1 cup canned diced tomatoes
- 1 bay leaf
- 2 tsp Parsley
- 1 tsp thyme
- Sea salt & Pepper
- 1-2 cups Waters
- 1 tsp Olive oil

PREPARATION

1. Take a pot and heat olive oil. Sauté celery, leeks, salt & pepper for about 5 minutes, then add steak cubes and cook to brown.
2. Once the meat is browned, add diced tomatoes, parsley, thyme, bay leaf and simmer on med-low heat for 10-15 minutes.
3. Add turnips & 1-2 cups of water. Cover the pot and cook until turnip is ready (about 30 minutes)
4. Remove the bay leaf once cooked.
5. Serve warm and enjoy!

