

## *African Beef Stew*

- 2 lbs. stewing beef OR use any of the following steaks cubed: blade, sirloin tip, rib, sirloin; OR cubed roasts: crosscut, pot, short rib, round, rump.
- 1 - 19 oz. can stewed tomatoes
- 1 - 284 ml (10oz.) canned tomato soup
- 1 - 284 ml (10oz.) canned mushrooms, drained & rinsed (may substitute fresh if preferred)
- 2 onions, chopped
- 2 celery stalks, diced
- 1 green pepper, diced
- ½ cup vinegar
- ½ cup brown sugar
- 1 tsp. ginger
- 1 tsp. Worcestershire sauce
- 2 tbsp. oil
- Salt, pepper & crushed garlic to taste

Combine all ingredients in large casserole dish. Bake 2 hours covered in 350 degree oven. Serve over cooked rice or broad noodles.

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