



LIFELINE RECIPES

May 2022



A quick and easy take on a traditional Mexican beef stew, this fiery one-pot can be prepared in no time at all!

METHOD

Heat the oil in a large frying pan, when hot add the beef and onion wedges and stir fry for 5 mins, until the beef is brown and the onion beginning to colour.

Finely chop the coriander stalks and add to the pan, along with the paprika and chilli chipotle sauce. Fill the sauce jar with freshly boiled water and add to the pan with a further 2 jars of water. Bring to a simmer.

Stir the butter beans into the stew, season with plenty of salt and pepper, warm through for 2 mins, or until the beans are hot. Remove from the heat, stir through the coriander and serve.



GREENMILL
IN STOCK ON SITE ON TIME

MEXICAN BEEF STEW

PREPARATION TIME:

5 mins

COOKING TIME:

15 mins

SERVES:

4

INGREDIENTS

1 tbsp oil

350g beef stir-fry strips

1 red onion, cut into wedges

31g pack coriander, leaves and stalks separated

95g jar chipotle chilli and smoked paprika paste

400g tin butter beans, drained