# beff stew

NIBBLEDISH CONTRIBUTOR

## Ingredients

beef, 1/2 lb

potato, 1/2 lb

bean, 1/2 cup

chicken stock, 3 cups

## Instructions

1. satue beef with oil and onion
2. boil potatoes for 30 min
3. cut potatoes into cubes
4. comibine beef, potatoes, bean, chicken stock and season.
5. cook it 30 min.