



beff stew

NIBBLEDISH CONTRIBUTOR

Ingredients

beef, 1/2 lb

potato, 1/2 lb

bean, 1/2 cup

chicken stock, 3 cups

Instructions

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