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[www.cullensbutchers.com](http://www.cullensbutchers.com)

## **PEPPER & OLIVE BEEF STEW**

### **Ingredients:**

Tin Chopped Tomatoes  
1 Red Pepper thinly sliced  
1 Yellow Pepper thinly sliced  
Cullens Beef Steak thinly sliced  
1 Onion Sliced  
1 Crushed Clove of Garlic  
1 tsp Olive oil  
Black pitted Olives  
Water  
Fresh Parsley to garnish

### **Preparation:**

Pour the oil in a large heavy based saucepan.  
Cook the onion until soft and then add the garlic.  
Add the beef and brown.  
Add the Red and Yellow peppers.  
Add the tin of chopped tomatoes.  
Add some boiling water  
Bring to the boil and then simmer for 20 minutes.  
Stir occasionally.  
Add in the Olives.  
Serve with creamy mash or cooked rice.  
Garnish with the parsley.