

# BEER GOULASH



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1 kg stewing steak cubed  
30 ml sunflower oil  
2 onions chopped  
3 cloves garlic crushed  
1 packet of royco hearty beef soup  
250 ml water  
125 ml beer  
50 ml tomato puree  
1 ml mixed herbs

Mix all the ingredients together and pour over the cubed meat.  
Baked in oven for 1-2 hours until meat is tender.

Recipe: Isabel Jacobs