

Beef and Beans Arab Stew

A soup with a traditional touch from the Malaysian kitchen, nutritional and full of flavour



Main Dish

Arab

45 min

Total time

Medium

Difficulty

360

kcal / serving

Ingredients

- 1/4 cup beans
- 1/4 cup beef, diced
- 1 slice of crusty bread
- 2 carrots, chopped
- 1 clove garlic, minced
- 1/4 cup chicken broth
- Salt & pepper to taste
- 1 tablespoon olive oil

Steps

- 1 Heat olive oil in a pan over medium-high heat.
- 2 Add in the garlic and carrots, cook until tender.
- 3 Add in the diced beef and cook until lightly browned.
- 4 Pour in the chicken broth and mix in the beans.
- 5 Lower the heat and simmer until thickened.
- 6 Serve in a bowl with the crusty bread and enjoy!