



Gammy's House Recipes

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SOUTHWESTERN BEEF & LENTIL STEW

*warning- this stew is spicy hot!

- 1 pound beef for stew
- 2 tablespoons all-purpose flour
- 2 tablespoons vegetable oil
- 1 cup lentils, rinsed and drained
- 1 can (14-1/2 oz.) stewed tomatoes
- 1/4 cup Soy Sauce
- 2-3 teaspoons diced canned jalapeno peppers
- 1-3/4 cups water
- Sour cream
- Chopped cilantro
- Diced red bell pepper

Cut beef into 1-inch cubes; coat with flour. Brown beef on all sides in hot oil in Dutch oven or large saucepan. Add lentils, tomatoes, soy sauce and water, stirring to combine. Cover and simmer 2 hours or until beef and lentils are tender. Gently stir mixture occasionally. Stir in jalapeno peppers and cook only until heated. Serve with sour cream, cilantro and red bell pepper, as desired.