

Chayote Squash Stew

TIME: 45 MINUTES
PORTIONS: 4



INGREDIENTS:

- 5 chayote squash that are peeled and cut into cubes
- 1 garlic clove (finely cut)
- 200 grams of peas
- 700 grams of beef cut into cubes
- 400 ml of beef broth
- 150 ml of red wine
- 400 ml cold water
- 1 pinch of cumin
- 15 grams of paprika
- 15 grams of oregano
- 30 ml of olive oil

Preparation

- Heat the pot, pour olive oil into the pot and add garlic. Slowly let it cook in order to release its flavors.
- Afterwards, include the beef and begin to cook the meat. Additionally, add red wine and add the chopped chayote squash and all condiments into the pot. Let it cook in medium heat for roughly 10 minutes with the lid over in order to properly cook all the ingredients.
- Now, add beef broth and cook for 5 minutes until it begins to boil and the sauce thickens.
- Finally check the cooking of the chayote squash and its ready to serve!

