



Beef & Peanut Stew By Mercy

Prep time: 45minutes **Cook Time:** 4 hours (3 hours slow cook in Crockpot)

Ingredients (serves 4):

- 1 kg of beef cut into cube
- 4 potatoes cut into cubes (better with the skin)
- 1 ½ cup of peanuts (better with the skin)
- 1 cup of frozen green peas
- 3 strips of celery cut into cubes
- 1 carrot cut into cubes
- ½ yellow bell pepper sliced into strips
- ½ onion chopped
- 1 tbsp of chopped garlic
- 2 tbsp of butter
- Seasoning : Salt, ground black pepper, oregano (fresh is better)

Cooking Method

1. Boil peanuts in water for 40 minutes until soft, transfer to the Crockpot.
2. Boil carrot and potatoes in water for 10 minute, put them to the Crockpot.
3. Heat the butter in a pan, cook garlic and onion.
4. Put celery, yellow bell pepper and beef in the pan, stir to combine, cook for about 10minutes.
5. Put all the cooked ingredients to the Crockpot, and put the green peas on the top layer, pour ½ cup of water, stir to combine.
6. Cover the pot and simmer gently for **3 hours** (check often during the time), put salt, black pepper and oregano to taste.
7. Use flavor/corn starch/peanut butter 10 minute before finish cooking to thicken the juice.