

# Beef Heart Stew

By Mercy Reyes

## Ingredients:

(Ask the butcher in advance if fresh chilled heart is available)

1 Beet heart

1 Medium onion, cut into quarters

4 Bay leaves

1 tablespoon salt

1 tablespoon butter

1 teaspoon garlic, diced

2 tablespoons small onion, diced

1 green or red bell pepper, cubed or sliced for looks

1 can diced tomatoes (about 400 grams)

1-1/2 fresh chilli diced or equivalent chilli powder

Black pepper

- Slice into the centre of heart to remove the blood inside, rinse with water.
- Place whole heart in large pot with the onion quarters, bay leaves, and salt. Cover with water and boil on medium heat for about one hour or until soft.
- Drain, cool, and cut into cubes, pieces, or thin slices and remove hard parts.
- In medium pan sauté butter, garlic, diced onion and red/green pepper.
- Add the heart, diced tomatoes, chilli, and black pepper to taste, cover and simmer for one hour.

Can be served hot or sever cold on a picnic