



## Berry Stew

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RECIPES

500g Beef tenderloin cut into 2cm cubes  
60g butter  
2 large carrots diced  
3 onions sliced into crescents  
1 cup fresh green peas  
1 cup of tomato sauce  
30g of Lycium berries  
3.5 cups of water.

### **Method**

Sprinkle cubed beef with salt & pepper, heat butter in the wok, add beef and stir fry until brown.

Add the onions and stir fry for another 2 minutes.

Add tomato sauce and berries and simmer for two hours.

Just before serving add carrots, peas and a little more pepper.

Serve hot.

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