

# SPRING STEW

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4 persons / 500 kcal per person

## Ingredients:

- 700 grams of ribs
- 1 can of beer (33cl)
- 200 grams of carrots
- 1 bunch of celery
- 500 grams of baby potatoes
- 2 onions
- 2 tomatoes
- 2 bay leaves
- 1 large tablespoon of (smoked) paprika powder
- 2 cloves of garlic
- half stock cube
- pick fresh parsley
- 20 grams of butter
- 1 slice of gingerbread
- pepper and salt



## Preparation:

Cut the carrot into pieces, grate the celery and cut it into pieces, cut the tomatoes into cubes and the onion also into cubes. Cut the ribs into pieces of about 2 cm. Take a good frying pan or skillet and melt the butter in it and wait until it no longer foams. Then add the onion and the meat, sprinkle the meat generously with paprika, pepper and salt and fry well. Then add the garlic and tomato, followed by half of the carrot and celery. Stir well. Then add the stock cube, the bay leaves and the beer, stir everything together well and then add boiled water so that it is submerged. Reduce the heat and let it simmer for a good number of 3-5 hours. Stir every now and then and see if there is still enough moisture, if not add a cup of boiled water. 20 minutes before the end of cooking, add the potatoes and the rest of the carrot and celery. Add a slice of gingerbread for some thickening and let it cook. Spoon the stew onto the plates and finish with fresh, finely chopped parsley.

## Nutritional value per person:

Energy:	500 kcal
Protein:	41.7 grams
Carbohydrates:	40.4 grams
- including sugars:	10.5 grams
Fat:	15.0 grams
Fiber:	7.0 grams
Salt:	1.6 grams