

BEEF FINCHES IN BEER

2 persons / 599 kcal per serving

Ingredients:

- 130 grams brown rice
- 10 grams butter
- 2 beef finches
- ½ onion
- 175 grams farmer's soup vegetables
- 200 grams tomato cubes (can)
- ¼ bottle Trappist beer double
- pepper and salt



Preparation:

Cook the rice according to package directions. Chop the onion. Heat the butter in a frying pan and brown the meat all around. Remove the meat from the pan and fry the onions and vegetables in the roasting fat. Cut the meat into slices. Return the slices to the pan and add the tomato cubes. Pour the beer carefully. Bring to boil. Turn the heat to low and cook the meat for another 10 minutes. Season with salt and pepper.

Nutritional value per portion:

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|---------------------|------------|
| Energy: | 599 kcal |
| Protein: | 24.8 grams |
| Carbohydrates: | 60.2 grams |
| - including sugars: | 8.0 grams |
| Fat: | 25.4 grams |
| Fiber: | 5.3 grams |
| Salt: | 2.4 grams |