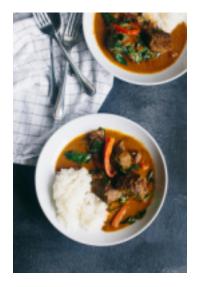
Henry's original stew

Author: Sofia Holmes Preparation: 15 to 30 minutes Cooking: 45 minutes to an hour Serves: 10



My friend Heinrich made up this stew a winter Saturday. It can be eaten with rice or alone.

Ingredients

2 Onion
3 Carrot
100 g Pancetta
1 kg Potato
300 g Broad beans
200 g Canellini beans

Directions

400 g Ground beef

- 1⁄2 Garlic
- 2 Bay leaf
- 1 Juniper berries
- 1 Salt
- 1 Pepper

Cook the meat with the species, not completely, just enough to get it toasted and mix the flavours.

Add the vegetables and beans. Cook a bit more.

Add abundant broth, cover the pot and let it cook on slow fire until is done.

Can be served with rice (like in the picture) or alone.