Trinchado | Spicy South African Beef

Yield: 4 min
Total Time: 200 min

Recipe from: https://www.recipeschoose.com/recipes/south-african-beef-recipe

Ingredients:

- 1 tablespoon unsalted butter 1/2 oz
- 1 tablespoon olive oil
- 2 pounds chuck roast cut into 1-inch cubes
- 2 yellow onions large, chopped
- 4 red chile peppers small hot, stemmed and chopped, retain the seeds
- 4 garlic cloves or more if you're a garlic head, minced
- 2 tablespoons flour
- 1 cup homemade beef stock or good quality store-bought
- 1 cup red wine or 1/2 cup, 120 ml brandy
- 1 bay leaf
- 24 oil cured black olives
- salt
- freshly ground black pepper
- bread for dunking
- french fries for serving, optional; not classic but popular
- chopped parsley for garnish, optional

Nutrition:

1. Calories: 740 calories
2. Carbohydrate: 18 grams
3. Cholesterol: 155 milligrams
4. Fat: 48 grams
5. Fiber: 2 grams
6. Protein: 47 grams
7. SaturatedFat: 18 grams
8. Sodium: 550 milligrams
9. Sugar: 4 grams

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