

Creamy Spiced Beef Stew

Yield: 4 min
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/jamaican-brown-stew-goat-recipe>

Ingredients:

- 18 beef fillet
- 2 sweet potato
- 7 Thai eggplant
- 2 spring onions
- 11 button mushroom
- 9 broad bean fresh
- 2 1/2 cups beef stock
- 1333 cups coconut milk
- 4 tablespoons lard
- salt
- freshly ground black pepper
- 1 chili seasoning mix good pinch
- 1 goat good pinch kid, 's back