

Henry's original stew

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Preparation: 15 to 30 minutes
Cooking: 45 minutes to an hour
Serves: 10
Cuisine: European
Meal: Main Course
Season: Winter



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

Notes

Beans can be of any kind, and can be bought canned, in which case would be a can of each kind.
Juniper berries and Bay leaves are optional.

Ingredients

2	Onion	400 g	Ground beef
3	Carrot	½	Garlic
100 g	Pancetta	2	Bay leaf
1 kg	Potato	1	Juniper berries
300 g	Broad beans	1	Salt
200 g	Canellini beans	1	Pepper

Directions

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.