



**Simple, Delicious Beef ... With Subtle, Exotic Flavour**

**Flavour-enhanced with Low-Sugar Quince Preserve**

Serves 4

## Serve Over Noodles or Rice

### Ingredients:

2 tablespoons **Fuenroble or Finca La Torre**  
extra virgin olive oil  
1 small onion  
2 garlic cloves  
1 pound (500 grams) boneless stewing beef  
4 Roma tomatoes, peeled

Approx. 1/4 cup water  
1 tablespoon tomato puree  
1 bay leave  
1/8 teaspoon cinnamon  
1 tbsp low-sugar Harvest Song quince preserve  
1/3 cup red wine (optional)

### Method:

1. Remove any fat from beef pieces and cut into slightly smaller pieces.
2. Heat one tablespoon oil over medium heat and sauté onion until softened...remove and set aside.
3. Add remaining tablespoon oil to sauce pan ... add beef and sauté for several minutes.
4. Add chopped garlic, sauté for several more minutes, then add remaining ingredients (chopped tomatoes, tomato puree, cinnamon, bay leave, wine, and enough water to just cover the stew).
5. Bring to boil and simmer until beef is tender (about 30 minutes) or place in pressure cooker under medium pressure for about 10 minutes.
6. Stir in quince preserve.