

# Herbed Tomato Stew with Wagyu Round



37



**372 kcal**  
(per serving)



**20 min**



This stew is highlighted by the flavor of garlic and tartness of tomatoes. Surprisingly easy to make it can be made ahead of time.

## Makes 2 servings

Wagyu bottom round (sliced)	150 g
Onion	1/2 large (150 g)
Tomato sauce	200 ml
Water	200 ml
Dried basil	Pinch
Salt	Pinch
Pepper	Pinch
Cayenne pepper	Less than a pinch
Olive oil	1 tablespoon

## Tomato Sauce (Makes Extras)

Garlic	1 clove
Onion	1/2 medium (100 g)
Canned diced tomatoes	400 g
Bouillon granules	1 teaspoon
Bay leaf	1
Thyme	1 sprig
Salt	Pinch
Pepper	Pinch
Olive oil	1 tablespoon

1. Make the tomato sauce. Heat up 1 tablespoon of olive oil and a crushed garlic clove in a pan, to flavor the oil. Add minced onion and saute over low to medium heat until soft, about 3 minutes. Add canned diced tomatoes with juices, crushing the tomatoes with a spoon. Add bouillon granules, bay leaf, and thyme sprig. Simmer over low heat for 10 to 15 minutes. Season with a pinch of salt and pepper.
2. Cut Wagyu round into bite-sized 4 cm pieces. Season lightly with salt, pepper, and a small pinch of cayenne pepper.
3. Slice onion thinly (about 1 mm thick).
4. Heat olive oil in a frying pan and saute onions over medium heat for 3 or 4 minutes.
5. Add beef and mix well with the onions. When beef begins to brown, add 200 ml of tomato sauce and stir to combine. Add about 200 ml of water to thin the stew. Season with a pinch of salt and pepper. Before serving, drizzle with some olive oil and sprinkle with dried basil.