

CARNE À JARDINEIRA



Category: Fish and meat
main courses

Created: on 2014-11-27
Qualified by: Supercook PT
Suggested by: Supercook PT
Total preparation time:
30:15 Minutes

Suitable for machine:

- Supercook SC250
- Supercook SC300
- Supercook SC350
- Supercook SC380
- Supercook SC400

INGREDIENTS FOR 4 SERVES

50 milliliter	olive oil
1	onions
1 clove	garlic
100 gram	chouriço
1	ripe tomatoes
400 gram	carne de vaca para estufar
100 milliliter	water, hot
100 milliliter	white wine
2 tablespoon 15ml	smoked mild paprika
q.b.	salt
350 gram	potatoes
1	carrot
200 gram	frozen peas
1 leaf	bay leaf

STEP BY STEP - PREPARATION

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