

CHINESE BEEF STEW

(YIELD: 8 SERVINGS)

INGREDIENTS

1. 4 medium onions, cut into ½ -inch pieces
2. 3 pounds boneless cross-rib chuck, cut into 1½ -inch cubes
3. 5 carrots, roll-cut
4. 2 tomatoes, wedged
5. 3 slices of ginger
6. 1 tablespoon hot chili paste (辣豆瓣醬)
7. 2 dried chili peppers, broken into pieces
8. 1 teaspoon black pepper
9. ¾ cup soy sauce
10. ¼ cup cooking wine

PREPARATION

1. Place all ingredients in a 5-quart slow cooker. Cook over high heat for 6 hours. Blend well.