Asparagus beef stew



Preparation time: 30 min
Difficulty: Medium

Ingredients

- Asparagus: 1 mazzo
- Black pepper: q.b.
- Flour: 50 gr
- Garlic: 1 spicchio
- Oil: 2 cucchiai
- Onion: ½
- Parsley: q.b.
- Salt: to taste
- Veal: 500 gr
- Warm broth: q.b.
- White wine: 1 bicchiere

Preparation

Cube the meat about 2.5 cm (1 inch) per side and flour it making sure that the entire surface is covered.
In a pan pour the oil, the garlic with peel and finely chopped onion; as soon as the oil is heated over medium heat, add the meat and brown it until no longer pink. At this point higher the heat and add white wine.
As soon as the alcohol evaporates, lower the heat to the minimum and add the **Organic Tomato puree Pomì** together with a few ladlefuls of broth. Add salt and pepper to taste, then cover with a lid. Let it cook for about an hour and a half, adding additional broth if the sauce dries up.

In the meantime, prepare the asparagus keeping only the green portion and quickly peel them with a potato peeler.
Keep the tips aside and cut the stems into small slices.
After half an hour of cooking, add to the asparagus to the pan and cover again for about 20 minutes until the meat is fully cooked.
Allow the sauce to thicken, then sprinkle with parsley and serve hot.

For this recipe we used:

Organic Tomato Puree 250 gr

