

Secret Aardvark Drunken Jerk Braised Beef with Israeli Couscous

This recipe is also excellent with pork or tofu.

Ingredients

- 1 pound beef stew cubes or pork loin
- 2 tablespoons flour
- 2 tablespoons vegetable oil
- 1 15 oz can diced tomatoes
- ½ cup apple sauce
- ½ cup dry red wine
- ½ cup Secret Aardvark Drunken Jerk Sauce
- Salt and pepper
- 1 box Israeli couscous

Preparation

Season the meat with salt and pepper. In a large enameled cast-iron casserole, heat vegetable oil until it is shimmering. Dredge the beef or pork in the flour and add to pan. Cook over moderately high heat until the meat is browned all over, about 12 minutes. Add tomatoes, apple sauce, red wine and Drunken Jerk to pan. Bring to boil and cook for 30 minutes over low heat covered. Uncover the last 10 minutes. Prepare Israeli Couscous according to directions on box. Serve Drunken Jerk Braised Beef over couscous.

Vegetarian option:

Prepare sauce without beef or pork. Add 2 cups diced kale or spinach to sauce. Cook as above. Cut 1 package firm tofu in 1 inch cubes. Add tofu to sauce during last 10 minutes of cooking.