

Turnip Stew-Arabic Style

A wonderful combination of turnips and beef in tomato broth served over white rice.

Recipe by Louka Menard | Created on **Mar 12, 2022**

Ingredients

- 6 cups water, or as needed
- 1 pound beef stew meat, cut into 1-inch cubes
- ½ (6 ounce) can tomato paste, or more as needed
- 4 cups water
- 5 turnips, peeled and cut into 2-inch cubes
- salt and ground black pepper to taste
- 2 tablespoons lemon juice
- 1 ½ tablespoons maple syrup
- 1 tablespoon white sugar
- 2 cups cooked rice

Directions

- Bring 6 cups water to a boil in a large pot; cook stew meat in the boiling water until cooked through and water has completely evaporated, 30 to 45 minutes, skimming off any accumulated fat from top as needed.
- Stir tomato paste into the cooked stew meat until coated, 1 to 2 minutes. Add 4 cups water, turnips, salt, and black pepper; bring to a boil. Mix lemon juice, maple syrup, and sugar into stew meat mixture; reduce heat to medium and simmer until reduced, 30 to 40 minutes. Serve over cooked rice.

Nutrition Facts

Serving: **6 servings** | Calories: **350.6 kcal** | Carbohydrates: **29.9 g** | Protein: **22.9 g** | Saturated fat: **5.9 g** | Cholesterol: **65.7 mg** | Sodium: **240.5 mg** | Fiber: **2.6 g** | Sugar: **10.8 g**

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