

Beef Stew

Ingredient List

stewing beef (~ 500 g)

onions (2 medium)

garlic (5 cloves)

tomato paste (156 mL/5.5 fl oz can)

beef broth (2-3 cups)

red wine or beer (1-2 cups)

potatoes, white or Yukon Gold (3 medium)

carrots (4 medium)

vegetable oil (2 tbsp)

bay leaves (3)

kosher salt

fresh ground pepper

Directions

Cube **500 g stewing beef** into large, bite-size pieces. Allow beef to come to room temperature while preparing remaining ingredients.

Finely dice **2 medium onions** and mince **5 garlic cloves**. Set aside.

Pat beef dry with paper towel and liberally season with **kosher salt** and **fresh ground pepper**.

Preheat oven to 300°F.

Heat **2 tbsp vegetable oil** over medium high heat, in a dutch oven or other oven-proof vessel with lid. Brown one batch of beef in a single layer in the oil for approximately *2 minutes* per side, until golden brown. Remove browned beef to a plate. Add more vegetable oil to the dutch oven and repeat with the remaining batches of beef.

Add **diced onions** to the empty dutch oven and cook them until they soften, approximately *3-5 minutes*. Add the **minced garlic** and cook for another *minute*. Add **1 can tomato paste** and cook for another *1-2 minutes*.

Return the **beef and its juices** to the dutch oven and pour over enough liquid to completely submerge the beef. Aim for an approximate ratio of **2 cups beef broth for every 1 cup red wine or beer**.

Peel **1 medium potato** and shred it with a box grater. Add the **shredded potato** to the stew, along with **3 bay leaves, kosher salt, and fresh ground pepper**. Bring the stew to a boil, then cover the dutch oven with the lid and bake in oven for *one hour*.

Peel and cube **2 medium potatoes** and add to stew. Return stew to oven for another *hour*.

Peel and cut **4 medium carrots** into coins and add to stew. Return stew to oven for another *30 minutes-1 hour*. The stew is ready when the beef is fall-apart tender and the vegetables are cooked through.

Optional: Just before serving, add **2 cups frozen green peas** and/or **1 package chopped spinach, thawed and drained**, or serve stew over a bed of **fresh baby spinach**.

Makes 6 one cup servings.

Notes

A chuck roast (from the shoulder) or some other tough cut is best for stewing. When buying generic “stewing beef”, choose a package with good marbling and lots of connective tissue.

Nutrition (per serving)

Calories	438	Carbohydrate	46 g	Vitamin C	82 %DV
Total fat	11 g	Dietary fibre	9 g	Calcium	9 %DV
Saturated fat	3 g	Sugars	18 g	Iron	39 %DV
Cholesterol	74 mg	Protein	35 g		
Sodium	750 mg	Vitamin A	167%DV		