

HEARTY BEEF STEW



Ingredients:

6 oz thick sliced bacon, chopped into 1/4 wide strips

Olive Oil to Sautee

2 – 2 1/2 lbs boneless beef chuck or good quality stew meat, trimmed and cut into 1 pieces

Salt and ground black pepper to taste

1/4 cup all-purpose flour

2 cups good red wine such as Soft Red, or Pinot Noir (see note above)

1 lb mushrooms, thickly sliced

4 large carrots, peeled and cut into 1/2 thick pieces

1 medium yellow onion, diced

4 garlic cloves, chopped

1 Tbsp tomato paste

4 cups low sodium beef broth or beef stock

2 bay leaves

1 tsp dried thyme

1 lb small potatoes (new potatoes, or fingerling), halved or quartered

1. In a large, oven-proof pot, sauté bacon over medium heat until golden brown and fat is released. Using a slotted spoon, remove bacon to a separate bowl.
2. While bacon is cooking, place beef in a large mixing bowl and season with 1/2 Tbsp salt and 1 tsp black pepper. Sprinkle beef with 1/4 cup flour and toss to combine and evenly coat beef. Transfer beef in batches into the hot bacon fat and cook over med/high heat, until beef is browned (3-4 min per side). Add olive oil if needed. Cook beef in 2 batches or it won't sear properly. Transfer browned beef to the bowl with bacon.
3. Add 2 cups wine to the pot and bring to a boil, scraping the bottom to deglaze the pot. Add sliced mushrooms and simmer over medium heat about 10 min. Return beef and bacon to the pot.
4. Meanwhile, heat a large non-stick skillet over medium/high heat and add 2 Tbsp olive oil. Add sliced carrots, diced onion and 4 chopped garlic cloves, and saute 4 min. Add 1 Tbsp tomato paste and sautee another minute. Transfer veggies to the soup pot.
5. Add 4 cups beef broth, 2 bay leaves, 1 tsp dried thyme, 1 tsp salt and 1/2 tsp pepper to the pot. Stir to combine and bring to a low boil.
6. Add potatoes, making sure they are submerged in liquid then cover and transfer to a 325°F oven for 1 hour and 45 min. Beef will be very tender. For a healthier stew, you can tilt the pot after it comes out of the oven to allow the liquid to pool to one side, then skim off any excess fat.