

Nourish. Energize. Embrace.

Recipe

Beef Stew

Gather the following tools

- Dutch oven or large stew pot
- Wooden spoon
- Sharp knife for chopping vegetables
- Cutting board
- Paper towels
- Measuring cups and spoons

Prepare the following ingredients

- 2 Tablespoons oil
- 1# beef stew meat—pat dry and sprinkle with salt and pepper
- 3 onions—chop fine
- ½ head of celery including heart and leaves—chop off ends, then chop in small pieces
- 3 cloves garlic—minced or pressed
- ½ cup flour
- ½ bottle Pinot Noir
- 6 cups beef broth
- 4 large carrots—chop into small pieces
- Herbs—5 inch fresh sprig rosemary, 4-5 sprigs fresh thyme, 2 leaves fresh sage
- Water

Heat oil in stew pot or Dutch oven on medium-high heat and add meat. Allow beef to brown on all sides, stirring occasionally with wooden spoon to avoid burning. When browned on all sides, remove beef onto a plate.

Place onions and celery into pot and sauté until onions are golden brown, stirring with wooden spoon to help prevent burning. If needed, add a couple tablespoons water at a time to keep onions and celery from sticking to the pan. Add garlic and continue to stir for 30 seconds. Sprinkle flour over onion mixture. Stir and cook for two minutes.

Pour wine over mixture and stir, scraping bottom of pan to loosen browned bits. Add beef broth and stir continuing to scrap any browned bits and mix into stew.

Stir in beef, carrots, and herbs. Cover.

If using a Dutch oven, put in oven and cook at 350 degrees for 2-3 hours (until beef is tender).

If cooking on the stovetop, cook for 1-2 hours on medium-low heat (until beef is tender), stirring occasionally to keep stew from sticking to bottom of pan.

Serve with biscuits or mashed potatoes.