



BEEF STEW

Intermediate Lifestyle

INGREDIENTS

1 TBS canola oil
1 TBS butter
2 pounds beef stew meat, trimmed of excess fat
Salt and pepper
1 cup chopped onions
8 ounces mushrooms, quartered
5 cups beef broth
1 cup dry red wine*

2 TBS tomato paste
4 sprigs fresh thyme
½ TSP garlic powder
1 pound Red Bliss potatoes, chopped
1 ½ cups sliced carrots
3 TBS all-purpose flour
2 medium tomatoes, chopped

*An additional cup of beef broth, 2 TSP of red wine vinegar, and 2 TSP of sugar (or sugar substitute) can be substituted in place of the red wine.

INSTRUCTIONS

—Heat the oil and butter in a stockpot over medium-high heat.

—Generously season the stew meat with the salt and pepper. Add the seasoned meat to the pot, and brown well.

—Add the onions and mushrooms to the pot, and sauté until onions are translucent, about 5 minutes.

—Add the beef broth, red wine, tomato paste, thyme, garlic powder, and ½ teaspoon each of salt and pepper to the pot, and bring to a boil. Reduce heat to low, cover, and let simmer for 1 hour.

—Add the potatoes and carrots to the stew, cover, and let simmer for 45 additional minutes, or until both meat and vegetables are tender.

—Raise heat to medium. Ladle ¼ cup of the broth into a bowl, and let cool for 1 minute. Whisk the flour into the broth, and then stir into the pot of stew.

—Add the chopped tomatoes to the stew, and let simmer for 5 minutes before serving.

SERVING INFO: (Serves 8) 1 ½ cups = 1 P, 1 V, ½ G

See photo of recipe at [Instagram](#) and [Facebook](#).