

Marie Saba

from my kitchen to yours

Beef & Vegetable Stew

Serves 4-6

Ingredients:

- 1 ½ - 2 lbs. (680-900g) beef stew meat
- ¼ cup (30 g) all-purpose flour
- ½ teaspoon salt
- ½ teaspoon smoked paprika
- Freshly ground pepper
- Extra virgin olive oil
- 1 medium onion, roughly chopped
- 2 teaspoons herbs de Provence
- 3 Tablespoons (50 g) tomato paste
- 4 cloves garlic, minced
- 2 cups (480 ml) dry red wine
- 1 teaspoon finely chopped fresh rosemary
- 2 dried bay leaves
- 3 to 4 cups (712-950 ml) beef broth
- 4 carrots, peeled and sliced
- 2 to 3 cups (300-450 g) cubed potatoes
- 1 cup (125 g) chopped frozen green beans
- 1 cup (125 g) frozen petite green peas
- 1 Tablespoon balsamic vinegar
- 2 Tablespoons Worcestershire sauce



Instructions:

1. In a large bowl, whisk together flour, salt, paprika, and pepper. Add beef and toss with seasoned flour until all pieces are coated.
2. In a large Dutch oven, cook onions in oil over medium heat until soft. Transfer onions to a bowl and set aside. Add additional olive oil to the Dutch oven. Working in batches, brown beef in oil over medium heat. Add onions back to the pot with the beef, along with herbs de Provence, tomato paste, and garlic. Stir and cook until fragrant, about 2 minutes.
3. Add wine and stir, scraping up any brown bits on the bottom of the pan; cook until mixture just comes to a boil. Simmer about 5 minutes. Stir in 2 to 3 cups broth (depending on desired thickness), rosemary and bay leaves. Bring to boil. Reduce heat, cover with lid and simmer about 45 minutes to 1 hour.

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4. Add carrots, potatoes, frozen green beans and additional 1 cup broth. Stir, cover and simmer until meat and vegetables are tender, about 45 minutes more.
5. Add frozen peas (if using), vinegar and Worcestershire sauce. Discard bay leaves. Stir and simmer for about 10 more minutes. Taste and adjust seasoning. Serve with wide egg noodles or warm bread.

Gluten-Free Version: Use gluten-free flour blend in place of all-purpose flour.