

MINUS8



Beef Stew with Carrots & Potatoes

Adapted from Once Upon a Chef By Jennifer Segal

Servings: 6

Total Time: 3 Hours 30 Minutes

Ingredients

- 3 pounds boneless beef chuck (well-marbled), cut into 1-1/2-inch pieces
- 2 teaspoons salt
- 1 teaspoon freshly ground black pepper
- 3 tablespoons olive oil
- 2 medium yellow onions, cut into 1-inch chunks
- 7 cloves garlic, peeled and smashed
- 2 tablespoons Dehydr8 Vinegar
- 1-1/2 tablespoons tomato paste
- 1/4 cup all-purpose flour
- 2 cups dry red wine
- 2 cups beef broth (I like the Pacific organic brand)
- 2 cups water
- 1 bay leaf
- 1/2 teaspoon dried thyme
- 1-1/2 teaspoons sugar
- 4 large carrots, peeled and cut into one-inch chunks on a diagonal
- 1 pound small white boiling potatoes (baby Yukon's), cut in half
- Fresh chopped parsley, for garnish (optional)

Instructions

Preheat oven to 325°F with rack in middle.
Pat beef dry and season salt and pepper. In a large Dutch oven or heavy pot, heat 1 tablespoon olive oil over medium-high heat until hot and shimmering. Brown meat in 3 batches, turning with tongs, about 5-8 minutes per batch, adding one tablespoon more oil for each batch. (To sear meat properly, do not crowd the pan and let meat develop brown crust before turning with tongs.) Transfer meat to a large plate and set aside.

Add onions, garlic and balsamic vinegar; cook, stirring with a wooden spoon to scrape brown bits from bottom of pan, about 5 minutes. Add tomato paste and cook a few minutes more. Add beef with juices back to pan and sprinkle with flour; stir with wooden spoon until flour is dissolved, 1-2 minutes. Add wine, beef broth, water, bay leaf, thyme, and sugar; stir with wooden spoon to loosen any brown bits from bottom of pan and bring to a boil. Cover pot with lid, transfer to preheated oven and braise for 2 hours.

Remove pot from oven and add carrots and potatoes. Cover and place back in oven for 50-60 minutes more, or until vegetables are cooked and meat is very tender. Taste and adjust seasoning if necessary (freshly ground black pepper and a pinch of sugar go a long way). Let cool, then store in refrigerator overnight or until ready to serve. This stew improves in flavour if made at least 1 day ahead. Reheat, covered, over medium heat or in a 350°F oven. Garnish with fresh parsley if desired.