



## *Garden Fresh Farm Recipes*

# Beef Stew with Carrots & Potatoes

This RizzieFarms beef stew is the ultimate cold weather comfort food. After a few hours in the oven, the meat becomes flavorful and tender.

### **Ingredients:**

- 1 1/2 pounds boneless beef chuck cut into 1-1/2-inch pieces
- 1 teaspoons salt
- 1 teaspoon freshly ground black pepper
- 2 tablespoons olive oil
- 1 medium yellow onions, cut into 1-inch chunks
- 4 cloves garlic, peeled and smashed
- 1 tablespoons balsamic vinegar
- 1 tablespoons tomato paste
- 1/8 cup all-purpose flour
- 12 oz diced tomatoes
- 1 cup dry red wine
- 1 cups beef broth
- 3 teaspoons Worcestershire sauce
- 1 cups water
- 1 bay leaf
- 1/2 teaspoon dried thyme
- 1 teaspoons sugar
- 3 large carrots, peeled and cut into 1-inch pieces
- 1 stalk celery cut into 1-inch pieces
- 1 pound small red potatoes, cut in quarters
- 15 Portabella mushrooms sliced in half



### **Directions:**

Preheat the oven to 325°F and set a rack in the lower middle position.

Generously season beef with the salt and pepper. In a large Dutch oven heat 1 tablespoon of the olive oil over medium-high heat until hot and shimmering. Sear the meat, do not crowd the pan and let the meat develop a nice brown crust before turning with tongs. Brown the meat in batches if necessary, turning with tongs, for about 5 minutes per batch. Transfer the meat to a plate or bowl and set aside.



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

Remove the pot from the oven and add the carrots, celery, mushrooms and potatoes. Cover and place back in oven for about an hour more, or until the vegetables are cooked, the broth is thickened, and the meat is tender. Discard the bay leaf and then taste and adjust seasoning, if necessary. Serve the stew warm.