

## Beef Stew

*Like most braised dishes, this stew keeps well and tastes even better the second day after the flavors have melded. You can easily double the recipe and freeze half for later.*

### INGREDIENTS:

- 2½ pounds boneless chuck roast or 2 pounds stew meat
- 1 tablespoon vegetable oil
- 1 yellow onion, chopped
- 1 teaspoon minced garlic
- 1 cup dry red wine that is not too oaky
- 2 sprigs of thyme
- 2 bay leaves
- 1 cup low-salt beef broth or more as needed
- 3 carrots
- 2 ribs celery
- 3 waxy potatoes like Yukon Golds
- ½ pint pearl onions (optional)
- 2 sprigs of parsley + chopped parsley for garnish
- 1 tablespoon tomato paste
- ½ teaspoon Worcestershire sauce
- ¼ teaspoon salt, or to taste
- Pinch freshly ground pepper

**INSTRUCTIONS:** Remove the fat and silver skin from the meat. Cut the meat into approximately ¾-inch cubes.

Heat a large Dutch oven over medium-high heat until

very hot. Add the oil and heat until it shimmers. Working in batches, add the meat and brown on all sides, turning from time to time. Do not crowd the pan or the meat won't brown. As the meat browns, remove it to a plate and set aside.

When all the meat has browned, discard the excess fat in the pan. Reduce the heat to medium, add the onion and sweat until soft. Add the garlic and cook a little longer. Add the wine and cook, stirring to dislodge the browned bits on the bottom of the pan, until reduced by half.

Return the meat to the pan; add the thyme, bay leaves and enough broth to cover the meat by at least half. Cover and simmer for about 1½ to 2 hours, or until the meat starts to become tender.

Meanwhile, peel and cut the carrots into ½-inch pieces, cut the celery into similar-sized pieces and the potatoes slightly larger.

Add the carrots, celery, potatoes, optional pearl onions, parsley, tomato paste and additional broth or water as needed to keep the meat and vegetables half submerged in liquid. Continue to simmer another hour, or until the vegetables are tender.

If you prefer thicker gravy, remove the meat and vegetables to a warm bowl or platter and cover loosely with foil. Increase the heat of the pan and reduce the gravy to the desired consistency.

Season with Worcestershire, salt and pepper. Return the meat and vegetables to the pan to rewarm before serving, if needed.

Garnish with chopped parsley and serve with warm country-style bread and a green salad.

Serves 6

**PER SERVING:** 590 calories, 39 g protein, 21 g carbohydrate, 36 g fat (15 g saturated), 129 mg cholesterol, 439 mg sodium, fiber