



Beef Stew

Description

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We had a short-lived taste of spring and now it's back to colder temperatures in the Midwest. During the winter months I like to make a lot of soups, chili and stew. Beef stew is one of my husband's favorite dishes. I pulled this recipe out of a magazine years ago. It's very tasty and perfect for a chilly night. You can serve it over mashed potatoes or just enjoy it as a soup.

Don't let the long list of ingredients scare you, most of them you probably already have on hand. A time saver I swear by is frozen chopped onion. I dislike chopping onions and the frozen chopped onion works great in soups and stews. The original recipe also included a can of sliced ripe olives, but I can't imagine putting olives in stew so I omitted them. The great thing about stew is that you can adjust things according to your tastes. If you don't like mushrooms leave them out and possibly add another vegetable. One final tip is to be sure to let the stew simmer for an hour.

Beef Stew

Recipe Type: soup

Author: Dawn

Ingredients

- 1/2 tsp olive oil
- 1/2 lb. beef stew meat, cut into 1-inch pieces
- 1 1/2 cups halved mushrooms (about 8 oz.)
- 2 cups cut carrots
- 1/2 cup chopped onion
- 1/2 cup chopped celery
- 2 garlic cloves, minced
- 1/2 cup water
- 1 cup Cabernet Sauvignon or other dry red wine
- 1/2 tsp dried thyme
- 1 1/4 tsp kosher salt
- 1/4 tsp black pepper
- 2 cans stewed tomatoes, undrained
- 2 bay leaves
- 2 tbsp red wine vinegar

Instructions

1. Heat oil in a large pot over medium-high heat. Add beef, cook 5 minutes, browning on all sides. Remove from pan.
2. Add mushrooms and next 4 ingredients (through garlic) to pan; cook 5 minutes, stirring occasionally.
3. Return beef to pan.
4. Stir in water and next 6 ingredients (water though bay leaves); bring to a boil.
5. Cover, reduce heat, and simmer 1 hour.
6. Discard bay leaves.
7. Stir in vinegar.
8. Serve in a bowl or over mashed potatoes.

Linking to:



Date Created
2014/02/25
Author
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