Beef Stew

Hearty beef stew is the perfect way to warm up any bleak wintry afternoon. Large chunks of sirloin beef, carrots, onions, celery and potatoes are simmered slowly until the vegetables are tender and the beef is falling apart in the savory broth.

This hearty dish is perfect with a loaf of crusty french bread and a glass of red wine. Whether served for a quick evening meal or a romantic dinner for two, Beef Stew is a timeless classic you will love cooking, and eating.

Ingredients:

2 lb boneless sirloin steak, cut into 1-inch cubes
3 Tbsp flour
1 Tbsp olive oil
3 c. chicken or beef stock
1 c. red wine
1 large onion, chopped
3 large carrots, chopped
5 stalks celery, cut into 1-inch pieces
2 large potatoes, chopped into 1-inch pieces
2 large bay leaves
1 Tbsp dried rosemary
1 Tbsp dried thyme
salt and pepper to taste

Directions:

1. In large bowl combine beef and flour. Add a dash of salt and pepper and toss to coat beef with flour and seasoning.

2. In large dutch oven or heavy saucepan heat oil over medium-high heat. Add beef and saute until browned (but not cooked through.) Add 1/4 cup red wine and deglaze pan.

3. Add onion, carrots, celery, potatoes, bay leaves, rosemary and thyme. Stir to combine. Add remaining wine and beef or chicken stock. Stir well.

4. Cover and gently simmer over low heat for 1 to 1-1/2 hours or until liquid has reduced, beef is cooked through, and vegetables are tender and easily pierced by a fork.

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