



## STONE GARDENS FARM BEEF STEW

### INGREDIENTS

- 2 to 3 lbs of stew beef or chuck roast/steaks
- 1/2 to 2/3 cup all-purpose unbleached flour
- 1 tablespoon dried thyme
- 1 teaspoon dried oregano
- Salt and freshly ground black pepper
- 3 to 4 tablespoons extra virgin olive oil
- 1 large onion, thinly sliced
- 1 1/2 cups beef broth
- 2 cups home-canned or store-bought diced tomatoes with juice
- 1 cup red wine
- 2 garlic cloves, minced
- 1-2 bay leaves
- 1 Tablespoon of Worcestershire sauce



**Any** combination of the following vegetables you want to add:

- 12 to 16 ounces rutabaga or turnips, peeled and cut into 1-inch cubes
- 12 to 16 ounces carrots and or parsnips, peeled cut into 1-inch cubes
- 16 ounces thin-skinned potatoes, peeled and cut into 1-inch cubes
- 8 ounces of green or yellow beans diced
- 1-2 cups of fresh corn kernels, mushrooms, peas, cauliflower, sweet potatoes, squash, kale

### INSTRUCTIONS

1. Pat the meat dry. Combine the flour, 1 teaspoon of the thyme, and oregano in a shallow bowl. Season generously with salt and pepper. Add the meat and toss to coat.

2. Heat 3 tablespoons of the oil over medium heat in a large saucepan or Dutch oven. Lift the meat out of the flour, shaking off the excess, and add a single layer to the pot. Do not crowd the pot. Let the meat brown, turning as needed, about 5 minutes. Remove the meat as it browns and set aside. Continue cooking until all the meat is browned.

3. Add the remaining 1 tablespoon oil and onion to the Dutch oven and sauté until the onion is soft, about 3 minutes. Add the broth, tomatoes, wine, garlic, bay leaf and remaining 2 teaspoons thyme. Stir to scrape up any stuck bits from the bottom of the pan. Bring to a boil, then reduce the heat to a slow simmer. Return the meat to the pan. Partially cover the pan and let simmer until the meat is tender, 2 to 3 hours.

4. Add the veggies to the pan and let simmer until the vegetables are tender, about 1 hour.

5. Taste and add salt and pepper as needed. Serve hot.