



Beef or Bison Stew

Serves 6 | Prep time 20 minutes | Cook time 3.5 hours

You will need to add salt and pepper at the end to your preference.

Ingredients:

- 2-3 TB olive oil
- 3 lb. beef stew meat, cut in to 1" pieces
- 1 medium yellow onion, chopped
- 3 carrots, peeled and cut in to 1 inch rounds
- 3 stalks celery, chopped
- Salt and pepper to taste
- 2-3 TB double concentrate tomato paste
- 3 cloves garlic, minced
- 1.5 cups red wine
- 6 cups beef broth
- 1 TB Worcestershire sauce
- A few sprigs fresh thyme
- 2-4 bay leaves
- 1 lb potatoes
- 1/2 cup peas
- ¼ cup parsley, chopped

Directions:

1. In large pot, heat the olive oil. Brown beef on all sides, transfer to a plate and set aside.
2. In same pot, add onions, carrots and celery and cook until soft, about 5 minutes.
3. Add tomato paste, cook for 2 minutes.
4. Add garlic and cook for 1 minute.
5. Add wine to pot and reduce by 1/3. Use wooden spoon to scrape bits from bottom of pan.
6. Add beef back to pot then add stock, Worcestershire, thyme and bay leaves. Add water if needed so that all beef is covered. Bring to a boil and then simmer for 2.5 hours. Add salt and pepper to taste.
7. Add potatoes, parsley and peas and let simmer, uncovered until potatoes are tender, about an hour.
8. Remove bay leaves and thyme sprigs. Serve.