



Slow-Cooked Beef Stew with Winter Veggies

Winter stews are warming and comforting to the soul. Do steps 1 and 2 in a pot on the stove top, then transfer into the slow-cooker. Cook on high for 4-5 hours, or on low for 8 hours.

Ingredients:

- 2 pounds stewing meat, trimmed and cut into 1-inch cubes
- 5 teaspoons olive oil
- 2 teaspoons salt
- ¼ teaspoon freshly ground pepper
- 1 large onion, diced
- 6 cloves garlic, minced
- 2 tablespoons balsamic vinegar
- 3 tablespoons tomato paste
- ¼ cup all-purpose flour
- 4 large carrots, peeled and cut ¼ inch rounds
- 2 parsnips, peeled and cut ¼ inch rounds
- 4 red-skin potatoes, unpeeled and chopped
- 1-pound Brussel Sprouts, trimmed and halved
- 2 cups red wine or red wine vinegar
- 4 cups beef broth
- 1-2 teaspoons dried herbs (thyme, rosemary, sage, basil)
- 1 bay leaf

Instructions:

1. Combine flour, salt and pepper in a bowl. Add the beef and toss to coat well. Heat 5 teaspoons of oil in a large pot. Add the beef a few pieces at a time; do not overcrowd. Cook, turning the pieces until beef is browned on all sides, about 5 minutes per batch; add more oil as needed between batches.
2. Remove the beef from the pot and add the onions, garlic and balsamic vinegar in. Cook over medium-high heat, scraping the pan with a wooden spoon to loosen any browned bits. Add in vegetables and tomato paste and stir to coat and season vegetables. Add the beef, beef broth, red wine or red wine vinegar and bay leaf. Bring to a boil, then reduce to a slow simmer.
3. Cover and cook at a simmer, skimming broth from time to time, until the beef is tender, about 1 hour. Add broth or water if the stew is dry. Season with salt and pepper to taste.

