

SAVORY BEEF or LAMB AND VEGGIE STEW

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Winter is a perfect time to enjoy a rich and savory stew. This recipe is a take on traditional beef stew with more veggies added for a boost in flavor and nutrients. If possible, use grass-fed beef or lamb for best quality and nutrition. This stew can be frozen for up to 3 months when stored in a tightly sealed container.

Makes: 3 - 4 servings; approximately 8 cups total

photo: Canva

INGREDIENTS

- 1 pound of beef stew meat or leg of lamb, cubed
- 2 tablespoons all-purpose flour or gluten-free flour (or 1 1/2 teaspoons tapioca flour)
- 1/2 teaspoon kosher salt
- 1/4 teaspoon ground black pepper
- 1 tablespoon olive oil
- 2 strips of bacon, diced (preferably no added sugar, uncured)
- 1/2 large yellow onion, diced
- 2 medium carrots, peeled and diced (or 1 carrot and 1 parsnip)
- 2 cloves garlic, minced (about 1 tablespoon)
- 1/2 cup apple cider
- 3/4 pound medium yellow potatoes, 1-inch dice (about 2 potatoes)
- 1/2 pound baby bella mushrooms, washed, halved, quartered or sliced
- 3/4 cup green beans, cut into 1-inch pieces
- 2 cups beef or vegetable broth or stock (no added sugar, low sodium)
- 1 1/2 teaspoons tomato paste (no added sugar)
- 1 1/2 teaspoons Worcestershire sauce (low sodium) or coconut aminos
- 1/2 teaspoon dried rosemary
- 1/4 teaspoon dried thyme
- 1 bay leaf

DIRECTIONS

1. In a large mixing bowl, place the stew meat, flour, salt and pepper. Mix to coat and set aside.
2. In a large Dutch oven or other deep pot, heat the oil over medium heat. Add the diced bacon and cook until brown. Transfer the bacon to a paper towel to drain. Leave the oil in the pan.
3. Add the onions and carrots (and parsnips, if using) to the pan and cook until lightly browning. Add the garlic and cook 30 seconds more, until fragrant.
4. Add the floured beef stew meat. Stir, but allow the meat to brown lightly.
5. Deglaze the pan by adding the cider and allow it to bubble for 30 - 60 seconds, then scraping up the browned bits on the bottom of the pan.
6. Add the remaining ingredients - potatoes, mushrooms, beans, broth/stock, tomato paste, Worcestershire sauce (or coconut aminos), rosemary, thyme and bay leaf. Stir to combine. Bring to a low boil, then reduce the heat to low. The liquid should be at a gentle simmer. Cover the pot

and allow to simmer for 2 - 2 1/2 hours, until the meat is very tender when checked with a fork and the sauce has a slight gravy-like consistency to it. Add more simmer time if needed.

7. Serve immediately or cool completely and refrigerate for later use.