

BEEF STEW

A HEARTY MEAL BEST SERVED ALONGSIDE A FRESH BAKED HERB BISCUIT



Yield: 64 oz. – Serving Size: 8 oz. – Prep Time: 20 Minutes



Ingredients:

1.5 lbs. - Beef, Chuck, ½" Dice
¼ Cup - Olive Oil
1 ½ Cups - White Onion, ½" Dice
1 ¾ Cups - Carrot, Peeled, ½" Diced
1 ¼ Cups - Celery, ¼" Dice
2 Cups - White Potato, ¾" Dice
1 Tbsp. - Garlic, Minced
2 Tbsp. - Flour, All Purpose
¼ Cup - Tomato Paste
1 Tbsp. - Beef Base/ 1 Bouillon Cube
1 Each - Bay Leaf
4 Cups - Water
¼ tsp. - Black Pepper **¼ tsp.** - Salt



1) Preheat a large pot on high heat. Add the olive oil. Once the oil is hot add the diced beef chuck and sear to achieve browning on all sides.



2) Once the beef is seared on all sides add the white onion, carrot, celery, white potatoes and garlic to the pot. Stir and continue to cook for 2-3 minutes.



3) Combine water and beef base to create a broth. Add the beef broth, flour, bay leaf, tomato paste, salt, and black pepper to the pot. (If using a bouillon cube simply add the cube and water to the pot in place of the broth) Bring the stew to a boil then reduce to a simmer stirring occasionally until the beef is fork tender.

Approximately 2-2.5 hours.

4) Serve alongside Herb Biscuits and Enjoy!!



Equipment Needed: Large Pot, Cutting Board, Knife, Large Spoon

Calories: 340.1Kcal – **Calories from Fat:** 202Kcal – **Total Fat:** 22.6g – **Saturated Fat:** 7.3g – **Trans Fat:** 0g – **Cholesterol:** 78mg – **Sodium:** 623.9mg – **Total Carbohydrate:** 15.8g – **Dietary Fiber:** 2.9g – **Sugar:** 4.3g – **Protein:** 18.6g