

BEEF STEW

Serves 4 - 6

Ingredients:

Stryker Farm Grass Fed Beef Cubes
2 peeled carrots, cut in 1 inch pieces
3/4 LBS baby potatoes
1 LB quartered mushrooms
1 1/2 CUPS frozen pearl onions
32 OZ can of crushed tomatoes
1 CUP beef stock
1 CUP red wine
1 TBSP dried sage
1 TBSP dried thyme
3 sprigs of fresh rosemary
1 CUP flour
Sea salt
Cracked pepper



Stew is a classic Sunday meal. Stew all day, enjoy dinner and any leftovers will carry you through the week! These pre-cut beef cubes make this stew so simple to prepare.

Instructions:

1. Preheat the oven to 325°F.
2. In a mixing bowl, add the flour, salt and pepper. Drain any excess blood from the beef cubes and toss them into the flour mixture, covering all the nook and crannies
3. In an oven safe, lidded pot, like a dutch oven, add a little olive oil and brown the floured beef cubes on all sides. A little flour may stick to the pan, but that's alright!
4. Add the mushrooms, carrots and whole potatoes. Add the sage and thyme and stir everything together.
5. Cover everything with the tomatoes, wine and stock. Carefully stir everything together and scrape up any bits on the bottom of the pan.
6. Add the fresh rosemary, put the lid on the pan and place in the oven.
7. Let it stew for 3 hours. After three hours take out the pot and stir in the frozen onions. Place back in the oven for another hour.

