



BEEF STEW

Servings: 8

Ingredients

- 2 tablespoons canola oil
- 2 pounds beef, cut into 1-inch cubes
- 1 cup diced carrots
- 1 cup diced celery
- 1 cup diced onion
- 8 pieces whole allspice
- 1 cup canned diced tomatoes
- 8 sprigs fresh thyme
- 4 quarts low-sodium beef stock
- 4 cups diced potato

Directions

- Heat a stockpot over medium heat and add the canola oil. Place the diced beef into the pot. Sear on all sides for 6 to 7 minutes.
- Remove the beef from the pot and add the carrots, celery, onion and allspice. Cook until the vegetables are golden brown, stirring occasionally.
- Add the diced tomatoes and thyme. Bring to a simmer and stir the pot. Add the seared beef to the pot along with the beef stock. Bring to a simmer, and reduce the heat to low. Let cook for 1 hour.
- Add the potato, return to a simmer and let cook for 20 minutes or until the beef and potato are tender. Taste and adjust the seasoning as necessary. Keep hot until ready to serve.

Side dishes

- Barley Pilaf
- Roasted Root Vegetables



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