

Beef Stew

Recipe from Tilth Alliance

Makes 4 servings

Ingredients

1 pound beef stew meat
3 tablespoons flour
1/4 teaspoon ground pepper
1 medium onion
5 medium carrots
3 medium potatoes
5 teaspoons vegetable oil, divided
5 ½ cups beef broth
2 bay leaves
2 tablespoons vinegar (white, red wine, or apple cider)
1 teaspoon salt



Photo credit: NYT Cooking website

Instructions

Cut beef into 1-inch cubes. Combine flour and pepper in a bowl. Add beef and toss to coat.

Chop onion and cut carrots and potatoes into 1/2-inch pieces. Set aside.

Heat 3 teaspoons oil in a large pot on medium-high heat. Add the beef in batches, being sure not to overcrowd so each piece touches the bottom of the pan. Cook, turning the pieces until beef is browned on all sides, about 5 minutes per batch. Add oil as needed between batches.

Add beef broth, bay leaves, vinegar, and browned beef to the pot. Bring to a boil, then reduce heat to low and simmer.

Cover and cook until the beef is tender, about 1 ½ hours. Add onions, carrots, and potatoes. Let the stew simmer until vegetables are tender, about 30 minutes. Add water if liquid gets too low. Season with salt to taste.

Note:

To make this recipe gluten free, substitute the flour with rice flour or a gluten-free flour blend.