

RED WINE BEEF STEW

F EASY

Last Modified: 01/21/2020

PREP: 20 Min
COOK: 6 To 9 Hrs
STOVETOP & SLOW COOKER

SOUP-STEW

MAKES 10 SERVINGS

QUA	MEASURE	INGREDIENT	PROCESS
3	Pounds	Beef Stew Meat (Trimmed)	1" Cubes
1/4	Cup	Olive Oil	Divided
1	Head	Garlic	Minced
2	Cups	Dry Red Wine (Cabernet, Merlot, etc.)	
2	Quarts	Beef Stock (Swanson)	
1	6 Oz	Can Tomato Paste (Contadina)	
2	Pounds	Frozen Pearl Onions	Thawed
2	Cups	Celery	Chopped
3	Pounds	Baby Red Potatoes	Halved
2	Pounds	Baby Carrot Fingers (Organic)	Halved
2	14 1/2 Oz	Cans Stewed Tomatoes (Heinz)	Bite-Sized
4	Whole	Bay Leaves	
2	Tsp	Dried Thyme Leaves	
1	Tsp	Marjoram	
2	Tbsp	Worcestershire Sauce (Lea & Perrins)	
1/4	Cup	All Purpose Flour	Thickener
1/2	Cup	Fresh Italian Flat Leaf Parsley Leaves	Chopped
1 +/-	Pinches	Kosher Salt	To Taste
1 +/-	Pinches	Fresh Ground Black Pepper	To Taste

OPTIONAL INGREDIENTS

1	Pound	Pkg Frozen Green Peas	Thawed
1/2	Pound	White Button Mushrooms	Quartered

PREPARATION

FACTOID	Thick, red, rich & delicious. The DRY Red Wine imparts a mild bite, adds a genuine rustic charm and supplies a large amount of Tannin which brings out those wonderful Beef flavors while most of the Alcohol is cooked out.
TOOLS	1) 6+ Quart Slow Cooker 2) Large Stainless Steel Frying Pan 3) Slotted Spoon
PREP	DISH 1) Mince the Garlic Cloves and set them aside. 2) Slice cut the Carrot Fingers in half and set them aside. 3) Cut the Celery into 1/2" pieces and set them aside. 4) Cut the Potatoes in half and set them aside covered with cold water. 5) Drain the Tomatoes (reserving the liquid) and cut them into bite sized pieces.

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1	BEEF: Pat the Beef dry with paper towels and season them generously with Salt and Pepper.
2	BEEF: In a large stainless (NOT non-stick) frying pan over medium high heat, add in 1/2 of the Olive Oil and heat until it shimmers. Add in Beef Cubes (not touching) and brown on all sides, about 10 minutes per batch. Using a slotted spoon remove the Beef and place them in the bottom of the slow cooker. Repeat until all of the Beef is browned, adding in more Olive Oil as is needed.
3	BROTH: Add the Mushrooms (if using) into the frying pan and cook, occasionally stirring until they shrink and brown, about 4 minutes. Add in the Garlic and cook while stirring until fragrant. Stir in the Wine and Tomato Paste and cook while scraping the bottom of the pan to loosen the Fond, about 3 minutes more. Pour the mixture evenly over the Beef in the Slow Cooker.
4	STEW: Add the Beef Broth, Carrots, Celery, Pearl Onions, Tomatoes & Juice, Bay Leaves, Thyme and Marjoram into the Slow Cooker. Cook on high for 5 hours or on low for 8 hours until the Carrots are tender.
5	STEW: During the last 30 minutes, change the heat to high and stir in the Flour, Peas (if using) and the Potatoes.
SERVE	Remove the Bay Leaves. Ladle the Stew into warm serving bowls, sprinkle the top with Parsley and serve while hot with Buttered Crusty Bread slices. This is FANTASTIC when served in a Crusty Sourdough Bread Bowl.