

Beef & Veggie Stew



Modified from: Food Network

Serves 6

3 pounds stew meat	6T olive oil, divided use	1 ~ 14 1/2oz can beef broth
1 bottle dry red wine	2 onions, diced	1 package dry onion soup mix
4 garlic cloves, peeled, cut in half	1 pounds carrots, peeled, cut into 1 1/2" pieces	1 ~ 14 1/2oz can crushed tomatoes
2c flour	1 pound small red potatoes, large dice	1c peas, frozen
1T salt		1c corn, frozen
1T pepper		

Place the beef in a bowl with red wine and garlic. Refrigerate and marinate overnight. The next day, preheat the oven to 275.

Combine the flour, salt and pepper in large zip~lock bag. Lift the beef out of the marinade with a slotted spoon and discard garlic, saving the marinade. In batches add the cubes of beef into the flour mixture, seal bag, shake well and then shake off the excess flour. Heat 2T olive oil in a large skillet and brown half the beef over medium heat for 5~7 minutes, turning to brown evenly. Place browned beef in a bowl and continue to brown the remaining beef, adding oil as necessary. Place all the beef in a large, oven~proof Dutch oven.

Heat remaining 2T of oil in skillet and add the onions, carrots and potatoes. Cook for 10 minutes over medium heat, stirring occasionally. Place all the vegetables in the Dutch oven over the beef. Add 2 1/2c of the reserved marinade to the empty skillet and cook over high heat to deglaze the bottom of the pan, scraping up all the brown bits with a wooden spoon. Add the beef stock, dry onion soup mix, crushed tomatoes and additional salt and pepper to taste. Pour the sauce over the meat and vegetables in the Dutch oven and bring to a simmer over medium heat on top of the stove. Cover the pot and place it in the oven to bake for about 3 hours, until the meat and vegetables are all tender, stirring once during cooking.

Before serving, stir in the frozen peas and corn, season to taste, and serve hot.

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