

## *Idiot's Kitchen Recipe – Cabernet Beef Stew*

Recipe from [www.idiotskitchen.com](http://www.idiotskitchen.com)



### Ingredients:

4 (½ stick) Tablespoons butter  
2 pounds beef – cut into 1” pieces (shoulder roast)  
15-20 small white pearl onions – peeled (I use ½ a bag of frozen pearl onions)  
8 carrots – cut into 1” pieces  
1 pound fresh mushrooms – halved or quartered  
5-6 cloves garlic – crushed  
1 can tomato paste  
chopped parsley – ¼ cup for the stew + a little extra for garnish  
2 Tablespoons flour  
1 bay leaf  
Dried rosemary, basil, oregano  
1 bottle Red Wine – Cabernet Sauvignon preferred.

Pre-heat the oven to 350 degrees.

Heat 2 Tablespoons of butter in a heavy skillet or large oven-safe pot with a lid. Brown meat in small batches so you don't crowd the pan.

Remove meat and set aside. Add the remaining butter to the pot and sauté the onions, carrots & mushrooms in same skillet. After 5-10 minutes, add garlic, tomato paste, parsley and flour blending until smooth.

Return the meat to the pan and pour in the entire bottle of red wine. Season with 1-2 bay leaves and 1 Tablespoon each dried rosemary, basil & oregano. Salt and pepper to taste.

Cover and bake 2 hours in a 350° oven. Serve with wild rice blend or mashed potatoes.

Makes 6 servings.