

Idiot's Kitchen Recipe – Beef Stew with Potatoes & Green Beans

Recipe from www.idiotskitchen.com – Adapted from Dave Lieberman



Ingredients:

2 pounds of beef, cubed – look for top round or a small boneless roast and cut it into cubes
2 Tablespoons butter
2 Tablespoons olive oil
1 large onion, chopped
4 carrots, peeled and cut into 1 inch pieces
2 Tablespoons flour
2 cups beef broth
2 cups red wine – such as cabernet, shiraz, or merlot
1 cup canned crushed tomatoes
3 sprigs fresh rosemary
3 large potatoes, peeled and cubed
½ pound fresh green beans, trimmed and cut into 2 inch pieces
Salt & Pepper

Cut 2 pounds of boneless beef roast such as top round into cubes. Heat 1 Tablespoon olive oil and 1 Tablespoon butter in a large pot or dutch oven over medium high heat. Working in small batches, brown the meat on both sides adding more butter/oil as necessary. Do not cook the meat all the way through, just get it nicely browned.

Once the meat has browned, remove it from the pot. Add more butter/oil if necessary and sauté the chopped onion and chunks of carrots for 5 minutes. Stir in 2 Tablespoons of flour to make a roux then add 2 cups of beef broth and 2 cups of red wine. Use a wooden spoon to scrape up any tasty brown bits from the bottom of the pan.

Add 1 cup of crushed tomatoes, 3 sprigs of fresh rosemary, and season with salt & pepper. Add the beef back to the pot and bring the stew to a boil. Turn the heat down to low, cover, and simmer for 45 minutes.

After 45 minutes, add 3 potatoes that have been peeled and cubed. Stir them into the stew, bring back up to a simmer if necessary, cover and cook for an additional 30-45 minutes until both the meat and potatoes are fork tender. Remove any stems from the rosemary from the pot.

Trim ½ pound of fresh green beans and cut them into 2 inch pieces. Add the beans to the pot and cook for 5-10 minutes until the beans are bright green, tender, but still quite crisp. Season to taste with salt & pepper.

Serves 6.