

Handy-Dandy Shopping List – Cabernet Beef Stew

Recipe from www.idiotskitchen.com



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

chopped parsley – ¼ cup for the stew + a little extra for garnish

1 can tomato paste

4 (½ stick) Tablespoons butter

2 Tablespoons flour

1 bay leaf

Dried rosemary, basil, oregano

1 bottle Red Wine – Cabernet Sauvignon preferred. Merlot or Shiraz would also be good.