

Hearty Vegetable Stew

Serves 4

Time Estimate

Hands-on, 20 minutes

Unsupervised, 1 hour and 15 minutes

Ingredients

8 ounces (225 gm) beef bottom round, all visible fat removed, cut into ½ inch (1.5 cm) pieces

1½ teaspoons light olive oil with a dash of toasted sesame oil

2 medium onions, peeled and thickly sliced

3 ounces (90gm) low-sodium tomato paste

2 cloves garlic, bashed, peeled and chopped

4 tablespoons de-alcoholized red wine

3 cups enhanced canned low-sodium beef stock, reduced to 2 ½ cups

16 ounces (450 gm) carrots, peeled and cut into 1-inch (2.5 cm) pieces

12 small red new potatoes, scrubbed

12 medium mushrooms, quartered

2 cups frozen peas, thawed

2 tablespoons arrowroot mixed with 4 tablespoons de-alcoholized red wine (slurry)

2 tablespoons chopped fresh parsley

¼ teaspoon freshly ground black pepper

¼ teaspoon freshly ground sea salt

Garnish

Chopped fresh parsley

Directions

Pat the meat dry with a paper towel. Heat 1 teaspoon of the oil in a large skillet over medium-high heat and brown the meat on one side, about 3 minutes. Remove and set aside.

In the same hot skillet, heat the remaining ½ teaspoon oil and cook the onions and tomato paste, scraping the brown meat residue into the mixture, for 5 minutes. Stir in the garlic and set aside. (This step accomplishes three important functions at one time: the onions and garlic release their aromatic volatile oils; the tomato paste caramelizes the mixture; and a flavor-filled glaze builds up on the pan—all of which add depth of taste without fat.)

Transfer the browned meat to a medium saucepan. Add the tomato and onion mixture, wine, and beef stock; bring to a boil, reduce the heat to its lowest setting, and simmer, covered, for 30 minutes. Add the carrots and potatoes, and simmer for 30 minutes. Stir in the mushrooms and simmer for 5 minutes.

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Hearty Vegetable Stew, continued

Remove from heat; add the peas and the arrowroot slurry, return to the heat, and stir until thickened. Add the parsley, pepper, and salt.

To serve, ladle into bowls and sprinkle with a little of the fresh parsley.