

Beef Stew

Serving Size: 8 fl oz

Makes: 7 servings

Ingredients:

6 oz	Pearl Onions
3 oz	Celery, 1" cubes
1 ½ oz	Carrots, 1" pieces
1 ½ oz	Parsnips, 1" dice
2 each	Garlic Cloves, chopped
¾ tsp	Canola Oil (vegetables)
¼ tsp	Salt
1 oz	All Purpose Flour
1 lb 4 oz	Beef Stew Meat, diced
1 TBSP	Canola Oil (beef)
2 TBSP	Red Wine
4 cups	Beef Stock, Low Sodium
1/3 cup	Tomato Puree
6 oz	Potatoes, peeled, diced
2 oz	Green Peas
1 oz	Tomatoes, ¼" dice
1/8 oz	Rosemary, minced
1/8 oz	Thyme, minced
1/8 tsp	Salt

Preparation:

1. Heat convection oven to 425°F. In a bowl, toss onions, celery, carrots, parsnips, and garlic with canola oil. Evenly place the vegetables on sheet pans; be careful not to over crowd the pans. Roast until lightly browned, for approximately 10 minutes. Remove from oven and reserve.
2. In a bowl, combine salt and flour. Dredge beef in flour mixture.
3. Heat canola oil in a large pot or skillet. Add dredged beef to hot skillet. Batch cook, until well browned.
4. Deglaze skillet with red wine. Add stock, tomato puree, and roasted vegetables. Cover and simmer until meat is fork tender, approximately 1 hour and 15 minutes.
5. Add potatoes and cook until tender, about 15 minutes.
6. Add peas, tomato, rosemary, thyme, and salt. Cook for an additional 5 minutes. Check meat for desired tenderness and serve.

NUTRITION FACTS PER SERVING

calories	210
total fat (g)	7
saturated fat (g)	2
trans fat (g)	0
sodium (mg)	310
total carbohydrate (g)	15
dietary fiber (g)	2
sugar (g)	3
protein (g)	20

 **RD APPROVED**



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