



Beef Stew

Makes 4-6 servings



This hearty stew is a comforting, complete meal with plenty of vegetables. Use a 6-quart soup pot or Dutch oven.

This recipe works beautifully with a single package of our vacuum-sealed meaty soup bones (approx. 1.5lbs each), or with an entire package of our paper-wrapped meaty soup bones (approx. 3lbs/package). Either option will yield 4-8 ounces of cooked meat. For a meatier stew, use two vacuum-sealed bones, or try our Beef Burgundy recipe.

Our favorite wine for this recipe is Red Select, made with Indiana grapes by Butler Winery (just 5 minutes from our shop).

Variation - Meat from Homemade Stock

If you're making our beef stock recipe first, you can use that cooked beef here, and shorten the cook time. Follow the recipe with three changes: 1. Do not brown meat. 2. Chop all the veggies in half-inch chunks for faster cooking. 3. Do not add the meat to the pot with the liquid. Instead, cook the veggies and liquid about 30-40 minutes until tender, then add the meat and cook another 10 minutes or so. Season with salt and pepper to taste.

Save the bones!

You can save the bones and use them for bone broth (see our recipe). You can even store them in the freezer until you're ready to use them.

PREPARATION

Melt over medium-high/high heat (hot enough to make the fat sizzle but not smoke):

- 2 teaspoons bacon drippings, lard, or ghee

Add to pot:

- 1½-3 lbs meaty soup bone(s), seasoned with salt & pepper

Brown bone(s) on all sides, 5-8 minutes. Then remove and set aside. Add another 1-2 teaspoons fat to pot, if needed.

Add to pot:

- 8 ounces white mushrooms, caps quartered or halved and stems left whole (small mushrooms can be left whole)

Brown mushrooms, 3-5 minutes, stirring regularly. Then remove and set aside with bones. Add another 1-2 teaspoons fat to pot, if needed.

Add to pot:

- 1 medium white onion, chopped (1-1¼ cups)
- 2 carrots, cut in large 1" chunks (1-1¼ cups)
- 2 small or 1 large russet potato, cut in large 1" chunks (2-3 cups)

Lower heat if needed to avoid burning. Cook veggies until some brown edges develop, 3-5 minutes, stirring regularly. Then add to pot:

- 4-5 cloves garlic, chopped

Stir veggies and garlic for one minute, then add:

- 1 14.5 oz can diced tomatoes

Scrape and stir with a hard spatula or spoon for 1-2 minutes.

Add the mushrooms and bone(s) back into pot, along with:

- 1½ cups beef stock (or 1½ cup water with 1½ teaspoons Better than Bouillion)
- 1½ cups dry red wine
- 2 bay leaves
- 2 sprigs fresh thyme, approx. 3" each (or ¼ teaspoon dried leaves)
- 1 sprig fresh rosemary, approx. 5" (or 1 tablespoon dried leaves)

Bring to a boil, then turn down to a very gentle simmer. Nestle the bones in so they're nearly submerged.

Cover and simmer for 2½ hours. Turn off heat and remove bones from pot. Let them cool about 15 minutes, until you can comfortably work with them. Separate the meat from the bones, shred or chop it to desired size, then add meat back to pot.

Taste the stew and season with salt and pepper. Depending on the fat content of the meat, a thin layer of fat may rise and harden across the stew when refrigerated. Remove and discard the fat, or stir in, per your preference.

Optionally, serve with:

- parsley
- splash of red wine vinegar

Recipe courtesy ThisIsWhatFoodLooksLike.com, adapted for and tested with Acorn Acres Farm ingredients.

