Beef Stew

Ingredients:
- 3½ pounds boneless beef chuck, cut into bite-size pieces
- ½ cup flour
- ½ teaspoon salt
- Freshly ground pepper
- 6 tablespoons unsalted butter
- 2 medium onions, chopped
- 4 cups cold water

Directions:
1. Coat bite-size pieces of beef with flour; season with salt and pepper.
2. In a large heavy flameproof baking casserole or stew pot, melt butter over medium-high heat.
3. Add the meat, in batches if necessary; brown on all sides, about 8 minutes total.
4. Add onion; cook, stirring and scraping bottom of the pot until softened, about 4 minutes.
5. Pour in water to barely cover; reduce heat to low. Stir a bit then simmer, partially covered, until tender, about 2 hours.
6. Check for seasoning. Finish with one of the variations below.

Makes 8 servings

American style: Add 1 pound potatoes (red, white, Yukon gold), peeled cubed; 1 ½ carrots, scraped, diced; 1 large parsnip, scraped, diced; 1 medium turnip, peeled, diced. Continue cooking and stirring occasionally until everything is very tender, about 1 hour.

French style (beef bourguignon): Dice 2 slices bacon. Cook in a skillet over medium heat with 1 chopped clove garlic and ½ pound mushrooms until bacon begins to brown. Add to stew with 1 cup red wine (Burgundy or merlot) and 1 teaspoon Herbes de Provence. Continue cooking and stirring occasionally, about 1 hour.

Spanish style (beef stew of La Mancha): Seed and slice 2 green peppers. Add to stew with 1 can each: drained chickpeas, diced tomatoes with juices; 1 clove garlic, minced; 1 bay leaf; a pinch of ground cloves and a pinch of saffron. Continue cooking and stirring occasionally, about 1 hour.

Shared by: LeRoy Lemke
Registered Dietician Notes:

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