

# NOURISH

holistic health & nutrition

## *Beat the Winter Blues Beef Stew*

Servings: 8

Prep Time: 20 minutes

Cook Time: 2 hours

### ***Ingredients***

- 2 pounds grass-fed beef tips (try short ribs or stew meat)
- 4 large, organic russet potatoes
- 5 organic carrots
- 4 stalks organic celery
- 1 large organic onion
- 2 cups red wine (cabernet is nice or merlot!)
- 2 tablespoons grass-fed butter
- ¼ cup nitrate-free bacon grease
- 4 cups bone broth (beef or chicken)
- ½ cup gluten-free flour blend, separate out 3 tablespoons.
- 1 tsp sea salt
- 1 tsp black pepper
- 3 stalks fresh rosemary, chopped
- 1-2 tsp garlic powder

### ***Instructions***

1. Mix gluten-free flour, ½ tsp sea salt + ½ tsp black pepper in a large bowl. Set aside.
2. Cube beef. Roll in gluten-free flour mixture.
3. Heat a Dutch Oven on medium-high heat. Add butter + bacon grease.
4. Once Dutch Oven is hot, add floured beef in one layer- do not try to flip until the meat comes up easily. Flip to brown other side- searing meat.

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5. Once meat is seared, remove and place on a plate. Continue to sear until all the meat has been cooked, adding more butter or bacon drippings as needed.
6. Peel carrots, chop into slices. Chop celery + dice onion.
7. Add carrots, celery + onions to drippings. Turn heat to medium-low and cover for 5 minutes, stirring occasionally. After 5 minutes, add remaining 2 tbsp gluten-free flour, cook for 2 minutes.
8. Add wine + cook for 3 minutes.
9. Add in beef, broth, rosemary + garlic powder.
10. Place lid on Dutch Oven and cook for 2 hours. Season to taste + enjoy!