

# Beef Stew



**Prep:** 20 minutes

**Cook:** 90 minutes

**Yield:** 4 servings

*Ingredient Studio—Chefs Candy Argondizza & Marité Acosta*

- 1 1/2 pounds of beef chuck cut into 1/2 inch chunks (also known as beef stew meat or beef shoulder)
- 4 tablespoons vegetable oil
- 1 small onion peeled and cut into 1 inch chunks
- 2 medium size carrots peeled and cut into 1 inch chunks
- 1/2 pound white button mushrooms wiped clean and cut in half
- 1 tablespoon of tomato paste
- 3 tablespoons flour
- 1 teaspoon dried oregano or thyme
- 4 cups chicken or beef stock or water
- 2 teaspoons of salt
- 1 teaspoon black pepper



## Optional

You can substitute pork shoulder or pork stew meat for the beef. You can change the flavor profile by simply switching the spices or herbs, for example using a curry spice blend instead of the oregano.

1. Preheat the oven to 325°.
2. Place a heavy bottom pot on the stove over medium heat. Add the oil.
3. Once the oil is hot, proceed to brown the chunks of meat, in batches so that the meat is in a single layer. Set aside in a bowl until all the meat is browned.
4. Add all of the vegetables, stir and cook for 5 minutes. Stir in the tomato paste and cook for another 2 minutes.
5. Sprinkle the 3 tablespoons of flour into the pot and mix with the vegetables and the oil in the pot. This will eventually thicken the sauce for your stew.
6. Pour the reserved meat and the juices back into the pot. Add the stock or water, oregano, salt, and pepper.
7. Bring this all to a boil, then lower to a simmer and cover with a lid or foil.
8. Place into the oven for 90 minutes. It is done when the meat pulls apart with a fork.
9. Serve over cooked rice or mashed potatoes.

*Chef's Notes:* When making this dish make sure that the liquid in the pot is not boiling, it should be simmering on low heat. Boiling liquid will make the meat tough. This dish can also be cooked on top of the stove rather than in the oven. If so, make sure to have heat on low to simmer.