

# Beef Stew

## Ingredients:

- 2 pounds beef, grass fed is best
- 3 tbsp flour
- $\frac{1}{2}$  tsp garlic powder
- $\frac{1}{2}$  tsp salt
- $\frac{1}{2}$  tsp black pepper
- Olive oil
- 1 chopped onion
- 4 carrots cut into 1" pieces
- 4 pieces of celery cut into 1" pieces
- 1 pound of potatoes, cut into cubes or small round potatoes
- 1 pound mushrooms, cut in half
- 1 cup peas
- 6 cups beef broth
- 1 cup red wine
- 2 cans chopped tomatoes
- 1 small can tomato paste
- 1 tsp rosemary
- 1 tsp thyme
- $\frac{1}{2}$  tsp turmeric

## Instructions

1. Combine flour, garlic, salt, and pepper and dredge beef in it
2. Brown beef in olive oil, set aside
3. Sautee onions, potato, carrots, celery, and mushrooms. Cook about 5 minutes
4. Add beef broth and wine and scrape pot
5. Add all other ingredients
6. Cook about an hour, until beef is tender.

