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Weekday Beef Stew



Equipment

- Cutting board
- Chef's knife
- Measuring cups, spoons
- Potato masher or fork
- Large Dutch oven or pot

Ingredients

- 2 tablespoons avocado oil or organic canola oil. Divided
- 1 pound lean ground beef, preferably 92% lean
- 2 cloves garlic, minced
- 1 onion, diced
- 2 teaspoons paprika
- 1 ¼ teaspoon salt
- ½ teaspoon dry thyme
- pinch red chili flake, optional
- ½ cup dry red wine
- 4-cup box beef broth or stock, divided
- 2 medium Yukon gold or red potatoes, peeled and diced *PLUS 1 medium Yukon gold potato, cut in half*
- 2 carrots diced
- 2 stalks celery diced
- 1 cup peeled and diced parsnips
- 1 ½ teaspoons Worcestershire sauce
- chopped parsley for garnish

Instructions

1. Heat 1 tablespoon oil in the bottom of a large heavy bottom soup pot over high heat. Add beef, and cook, stirring occasionally and crumbling the meat with a wooden spoon until it is no longer pink, 7 to 9 minutes. Remove the meat to a bowl, along with any juices from the pot, and cover with foil.
2. Return the pot to the stove and reduce heat to medium. Add the remaining 1 tablespoon oil to the pot. Add garlic and onion, and cook stirring until the onion starts to brown in spots, 3 to 5 minutes. Sprinkle with paprika, salt, thyme and red pepper flake if using, and cook, stirring until the spices are fragrant, about 30 seconds. Add wine, increase heat to high and cook, stirring until the wine has almost evaporated, 2 to 3 minutes.
3. Add 3 ½ cups broth, diced potatoes, halved potato, carrots, celery, parsnips and Worcestershire and stir well. Bring to a simmer, stirring occasionally.
4. Reduce heat to medium to maintain a simmer, and cook, stirring occasionally, until the vegetables are just tender, 15 to 18 minutes.
5. Remove the halved potato from the pot and mash with the remaining ½ cup broth. Add more broth if needed to create a smooth consistency.
6. Slowly stir the mashed potato into the simmering stew until desired thickness is reached. Increase heat to high and bring to a simmer, stirring. Stir in the beef and return to a simmer. Remove stew from the heat and ladle into bowls. Top with parsley.

Adapted from: Healthy Seasonal - Quick Beef Stew
<https://www.healthyseasonalrecipes.com/quick-beef-stew/>