



Steak and Potato Stew

INGREDIENTS:

- *Steak (stewed beef or chuck cut into 3/4" x 3/4" cubes) 1 lb*
- *Red potatoes (cut in half and the quartered) 5-6*
- *Carrots (cut 1/2" thick) 2*
- *Celery (cut 1/2" thick) 2*
- *Onions (cut into medium sized dice) 1 large onion*
- *Garlic 2 cloves(finely chopped)*
- *Bay leave 1*
- *Thyme 5 sprigs*
- *Red wine 1 cup*
- *Beef stock 4 cups (or enough to cover meat)*
- *Olive oil*
- *Flour 1 tbs*
- *Salt / pepper to taste*

DIRECTIONS:

1. Preheat oven to 350 degrees F.
2. Add enough oil to coat the bottom of pan.
3. Season beef with salt and pepper and lightly coat beef with flour—brown on all sides. When brown remove from pan and add vegetables. Add a pinch of salt and cook vegetables until caramelized. Add garlic and then deglaze pan with red wine.
4. Add beef back to pan along with potatoes, thyme, bay leaf and beef stock. Cover and cook in oven for 1 hour or until meat is tender.
5. Finish with salt and pepper (if needed). ENJOY!!!

**COOKING
SKILLS
ACADEMY**