

HEARTY BEEF STEW RECIPE

Ingredients

- 3 lbs. stew meat, cut into 1-inch pieces
- 1 cup flour (or Gluten free flour of choice)
- 1 Tablespoon (Tbsp) Cherchies® Garlic Seasoning
- 1/2 teaspoon (tsp) ground pepper
- 1/2 teaspoon (tsp) Rosemary (dried or fresh)
- 1/2 teaspoon (tsp) Thyme (dried or fresh)
- 2 Tablespoon (Tbsp) Olive Oil
- 1 onion, chopped and divided in half
- 1 Tablespoon (Tbsp) Minor's Beef Base (or beef bouillion of your choice)
- 1 cup of water
- 1/2 cup red wine (plus a glass for yourself:)
- 2 Tablespoon (Tbsp) Worcestershire sauce
- 1 Tablespoon (Tbsp) Cherchies® Champagne Mustard
- 1 Tablespoon (Tbsp) tomato paste
- 4 carrots, washed, peeled, and diced into 1-inch pieces
- 5 stalks of celery, washed and coarsely chopped
- 4 potatoes, washed and diced into cubes
- 2 Bay leaves



Preparation

1. Chop all vegetables and set aside. In a large bowl, add the flour, the and Cherchies® Garlic Seasoning, pepper, Rosemary, and Thyme and stir. Add the stew meat to the bowl and mix with hands to evenly coat the meat with the flour mixture.
2. Turn your crockpot on low. Add half of the onions to the slow cooker.
3. This step is completely optional, but I feel it really locks in the flavor. If you are short on time, then skip this step. In a large skillet, heat the olive oil to medium. Add coated meat in batches to the hot skillet, and sear on all sides for a couple of minutes, stirring often. Once the meat is lightly seared, place over onions in the slow cooker. After about half of the meat is finished searing, add the second half of onions to the slow cooker. Add the rest of the seared meat to the slow cooker. Feel free to add a little more oil if it looks like you will need it. Once the meat has been seared and placed in the slow cooker, now it is time for the rich sauce.
4. Turn the pan down to low. Mix the water and beef base together until it has dissolved. Set aside. Add the red wine to begin deglazing the pan. Make sure to scrape the pan with a wooden spoon to loosen all the wonderful bits and flavor from the bottom. Add the leftover flour, beef base and Worcestershire sauce, Cherchies® Champagne Mustard and tomato paste to the pan. Cook and stir for a few minutes to allow the sauce to thicken.
5. Pour the sauce over the meat in the slow cooker. Add the chopped carrots, celery, potatoes, and bay leaf to the slow cooker! Turn your slow cooker on low, walk away, and in a few hours you will enjoy "The Best Beef Stew!". Enjoy!