



HOMESTYLE BEEF STEW

by Chef David Cocker

USING: REUVEN FULLY COOKED DICED BEEF

Prep & Cook Time: 110 minutes

Servings: 6-7

INGREDIENTS

3 tbsp (45 ml) olive oil
454 g (1 lb) Reuven Fully Cooked Diced Beef
3/8" or 3/4" (Product Code B03693 or B03599),
thawed
1 large onion, chopped
1 cup (250 ml) carrots, diced
1 cup (250 ml) celery, diced
3.5 cups (1 lb) russet potatoes, diced and peeled
8 cups (2L) low-sodium beef stock
2 bay leaves
1 (28 oz) can diced tomatoes, with juice
1 tbsp (15 ml) worcestershire sauce
1 clove garlic, minced
1 tsp (5 ml) black pepper, freshly ground
salt to taste

PREPARATION

In a large pot, heat 1 tablespoon of the oil over medium-high heat. Add half of the Reuven Fully Cooked Diced Beef and cook until well browned, about 2 minutes. Remove the beef with a slotted spoon. Repeat with another tablespoon of oil and the remaining beef cubes and remove the beef similarly once it is browned.

Reduce the heat to medium-low and add the remaining tablespoon of oil to the pot. Add the onion and cook, stirring occasionally for about 5 minutes. Add the carrots, celery, garlic and potatoes, and continue sautéing for another 3 minutes.

Add beef stock, diced tomatoes, bay leaves, salt and the cooked beef to the pot, and stir to combine. Bring to a boil, scraping the bottom of the pot with a spoon to dislodge any brown bits from cooking the beef. Reduce the heat, cover pot, and simmer for 1-2 hours. Just before serving, season with salt and lots of freshly-ground black pepper.



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