

Main Course

Beef Stew

** Gluten-Free*

Beef stew is a staple recipe that is so satisfying. This beef stew is easy to make and the red wine adds another great dimension to the flavor. Consider enjoying the stew with a glass of red wine too.

You'll Need

- 4 tablespoons olive oil
- 3 tablespoons red wine vinegar
- 1 1/2 pounds beef stew meat
- 1 cup red wine
- 1 medium onion, minced
- 1 bay leaf
- 1 garlic clove, minced
- 1/2 teaspoon oregano
- 1/2 cup tomato sauce
- 4 medium potatoes, cubed
- 2 carrots, sliced
- Salt and pepper to taste



Directions

- In a large pot on medium heat, heat oil and sauté onion and garlic.
- Add everything except potatoes and carrots to pot.
- Cover tightly and simmer 1 hour. At this time, add potatoes and carrots. Let cook simmer for an additional 30 minutes.
- Adjust seasoning as necessary and enjoy.

Play with Your Food

- Try using rosemary or parsley instead of oregano.
- Try using venison instead of beef.