



Onion & Pepper Tender Beef Stew

Over Mashed Potatoes

Camine Pappas / Serves 4 / April 2020

INGREDIENTS:

- 1 ½ lb Stew Meat Chunks (at room temperature, and patted dry of moisture)
- 2 T oil
- ½ large green pepper cut into strips
- ¼ large sweet onion cut into strips
- 2 large cloves of garlic finely chopped
- 2 t dried oregano
- ½ paprika
- 1 bay leaf
- 1 t salt, ¼ pepper
- 1 beef bouillon cube
- 2 ½ C boiling water
- ½ C cabernet sauvignon
- (Roux with 2 t corn starch and 2-3 T water)
- Fresh parsley to garnish



METHOD:

Heat large saucepan with the oil. When hot add the meat and sear well on one side. Add the onion and green peppers. Toss until onions begin to show a little browning. Add the garlic and stir and sauté, turning beef until browned on the other side for just a couple minutes. Then add the bouillon that is dissolved in the water, the red wine, and the oregano, and paprika. Stir to combine. Add the bay leaf. Cover with a lid. Turn to low and let simmer on very low for 1 hour and 45 minutes. Taste and add salt and pepper if needed. Stew is done when meat can be shredded. Simmer on low for another 15 minutes if needed. Remove from heat, stir in roux to thicken. Serve over mashed potatoes and garnish with parsley.

©Recipe and Photo Copyright Camine Pappas, 2020. All rights reserved.