

Beef Stew

Description

Really good!

Ingredients

- 4 tsp olive oil
- 1 Shallot, finely diced
- 1 Carrot, finely diced
- 1 stalk Celery, finely diced
- 1 lb Beef round, cut into 1 1/2 inch cubes
- 1 cup tomato sauce
- 1/2 cup red wine
- 5 sprig Fresh Thyme or 1/2 tsp dried thyme
- 1 bay leaf
- 1/2 tsp salt
- freshly ground black pepper to taste
- 3 carrots, peeled and cut into 1-inch chunks
- 3 small potatoes, peeled and quartered
- 1 cup hot water
- 1 cup frozen peas

Summary

Yield: 4

Source: WW Cookbook

Prep Time: 1 1/2 hours

Category: Stews

Cuisine: American

Tags: Red Wine & fresh herbs, beef

Instructions

In a medium pot, heat oil. Saute the finely chopped onion, carrot and celery, 5-6 minutes. Add beef and saute until browned, about 5 minutes. Add tomato sauce, wine, thyme, bay leaf, salt and pepper; bring to a boil. Reduce the heat and simmer covered, stirring occasionally, about 45 minutes. Add carrot chunks, potatoes and water. Cook covered 40 minutes. Stir in peas; cook 4 minutes. Pull out thyme branches and bay leaf.

Notes

Crock Pot Variation To make in a crock pot, saute the finely chopped vegetables and beef in a large nonstick skillet as directed. Transfer the mixture to a crock pot and add the remaining ingredients except for the water. Cover and cook until the beef and vegetables are tender 4-5 hours on high or 8-10 hours on low. Calories 356 Fat 8g Fiber 7g WW 7 points