

today's main ingredient





Beef and Sweet Potato Stew

INGREDIENTS - Serves 6

3 Tablespoons vegetable oil, divided
4 cloves garlic, finely chopped
1 large onion, cut into small wedges
About 2 lbs beef stew meat, trimmed of fat, cut into 1 1/2-inch pieces
1/2 cup all-purpose flour
2 cups beef broth
1/2 cup water
2 teaspoons chopped fresh rosemary leaves
2 teaspoons salt
1/2 teaspoon pepper
2 dried bay leaves
1 pound parsnips, peeled, cut into 2×1-inch pieces
2 pounds sweet potatoes, peeled, cut into 1-inch chunks
Additional chopped fresh rosemary, if desired

Preheat the oven to 300°F.

STEP 1 - In 12-inch skillet, heat 1
Tablespoon of the oil over medium-high heat. Cook garlic in oil 1 minute or until golden. Place the garlic along with the raw onion wedges in a 4-quart Dutch oven.

STEP 2 – In resealable food-storage plastic bag, place beef and flour; seal bag and toss to coat. In same skillet, heat 1 tablespoon oil over medium-high heat. Add half of beef; brown on all sides. Transfer beef to Dutch oven. Repeat with remaining tablespoon of oil and beef.

STEP 3 – Add broth to skillet; heat to boiling, scraping bottom to loosen brown particles. Pour this over beef mixture. Stir in water, 2 teaspoons rosemary, the salt, pepper, bay leaves and parsnips.

STEP 4 – Cover and bake for 3 hours. Stir sweet potatoes into stew. Bake covered for another hour longer, or until beef and vegetables are tender. Remove bay leaves before serving. Garnish with additional rosemary.

A version of this recipe using an Instant-Pot/pressure cooker is available at https://lifemadesweeter.com/instant-pot-beef-stew/.

Or, using a Crock-pot/slow cooker at https://whatmollymade.com/slow-cooker-sweet-potato-beef-stew/.

Episode 25 | Sweet Potatoes

TodaysMainIngredient.org

Check out our weekly interviews with local farmers and chefs as our podcast series focuses on one locally grown ingredient in each episode. From kale to radishes to peas to garlic and mushrooms, and more, listen to farmers discuss how they grow that ingredient and hear chefs discuss what to do with it once you get it into the kitchen. This podcast can also be heard on radio at WDNH-FM (93.5) and WYCY-FM (103.5) on Sunday mornings at 7:05 a.m. and 7:20 a.m. respectively.