



today's main ingredient

A  LOCAL FOOD PODCAST



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/>