

# Beef Stew in a Dutch Oven



**Plan Z Phase:** This is a Z3.5 (ZReboot 3.5) recipe.

I'm Irish, so beef stew was a staple in our family. Trouble is there are so many carbs in most beef stew recipes. Beyond the meat, all the other additions in most recipes are high carbohydrate. So with this recipe I have adjusted it to keep the carbs lower and introduce some other veggies that are lower carb to the mix. I did include carrots but I cut way back on the amount; leaving in just enough for color. I cut back the amount of potato and changed the type of potato. A small, C-size potato is lower carb than a fully grown russet. So follow these proportions and you can be happy eating beef stew and still maintain your weight at a stable level.

**Servings:** Serves 4, can be doubled easily.

## **Ingredients:**

- 1-1/2 pounds of stew meat
- 2 Tbl of peanut oil
- 1/2 cup of celery chunks
- 1/2 cup of carrot cut into coin shapes
- 1-1/2 cups of organic beef broth
- 1-1/2 Tbl of tomato paste

- 1/2 Tbl of dried parsley flakes
- 1 tsp of garlic powder
- 1 tsp of grated sea salt and pepper to taste
- 1/4 tsp of dried thyme
- 1 bay leaf
- 5-7 C-sized potatoes (about 1" in diameter). Red or white will work fine. Cut in half.
- 1 cup of frozen pearl onions
- 1 cup of button mushrooms, if they are large ones cut in half or quarter them
- 2 Tbl of gravy flour mixed with 3 Tbl of water

### **Instructions:**

Preheat oven to 300 degrees.

In batches, brown the stew meat in the peanut oil in your Dutch oven. I just brown two sides of the meat and take it out. Then add the second batch. This won't take long on medium high. When you have all of the beef browned, add the carrots and all of the beef back into the pot.

Add the beef broth and the tomato paste. Stir it around to break up the tomato paste and get it distributed. Then add the seasonings and the bay leaf. Stir. Cover the pot and put it in your oven to roast for 1 hour and 15 minutes.

Carefully remove the Dutch oven from the oven. (Use oven gloves). Open the top. Take out the bay leaf and toss it. Add the rest of the vegetables and the flour/water mixture. Stir to combine. Put the top back on and roast another 30 minutes until all of the veggies are done. Check to make sure the potatoes are cooked by poking one with a sharp knife. The potatoes will be tender and your gravy will be slightly thickened.

I serve beef stew in bowls.

Enjoy!

Cheers,