



# #MakeItGAP

## RECIPES

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## THE BEST BEEF STEW

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**YIELD:** 6 Servings

**INGREDIENTS:**

1-1/2 pounds beef stew meat, cut into 1-inch cubes  
1/2 tsp salt, divided  
6 Tbsp all-purpose flour, divided  
1/2 tsp smoked paprika  
1 tsp canola oil  
3 Tbsp tomato paste  
2 tsp herbes de Provence  
2 garlic cloves, minced  
2 cups dry red wine  
2 cups beef broth  
1-1/2 tsp minced fresh rosemary, divided  
2 bay leaves  
3 cups cubed peeled potatoes  
3 cups coarsely chopped onions (about 2 large)  
2 cups sliced carrots  
2 Tbsp cold water  
2 Tbsp balsamic or red wine vinegar  
1 cup fresh or frozen peas

**PREPARATION:**

In a small bowl, toss beef and 1/4 teaspoon salt. In a large bowl, combine 4 tablespoons flour and paprika. Add beef, a few pieces at a time, and toss to coat.

In a Dutch oven, brown beef in oil over medium heat. Stir in tomato paste, herbes de Provence and garlic; cook until fragrant and color starts to darken slightly. Add wine; cook until mixture just comes to a boil. Simmer until reduced by half, about 5 minutes. Stir in broth, 1 teaspoon rosemary and bay leaves. Bring to a boil. Reduce heat; cover and simmer until meat is almost tender, about 1-1/2 hours.

Add potatoes, onions and carrots. Cover; simmer until meat and vegetables are tender, about 30-40 minutes longer.

Discard bay leaves. In a small bowl, combine remaining 1/2 teaspoon rosemary, remaining 1/4 teaspoon salt and remaining 2 tablespoon flour. Add cold water and vinegar; stir until smooth. Stir into stew. Bring to a boil; add frozen peas. Cook, stirring, until thickened, about 2 minutes. If desired, top with additional fresh rosemary.

*Recipe adapted from [tasteofhome.com](http://tasteofhome.com)*