

Recipe

WINTER CABIN GRASS-FED BEEF STEW WITH CRISPY KALE

Serves 4

THE GOODS:

- 1 pound grass-fed beef
- 3 carrots
- 1 yellow onion
- 2 cloves garlic
- 3 stalks celery
- 2 celeriac (celery root)
- ¼ cup tomato sauce
- 32 ounces organic bone broth (beef)
- 2 cup wild mushroom (optional)
- 1 bunch kale
- 1 tbsp beef bouillon
- 1 tsp tamari
- Sea salt to taste
- Pepper to taste
- 4 tbsp cornstarch (to thicken)
- 2 tsp nutritional yeast
- Fresh herbs to simmer (rosemary, thyme, bay leaves are my favorites)

THE METHOD:

For Stew: Brown the beef stew meat in a hot (cast-iron) skillet until brown on all sides. Chop the veggies into bite sized pieces. Sauté the onion, celery, carrot, and garlic together until softened and aromatic. Add broth, bouillon, tamari, browned stew meat, mushrooms, celeriac (be sure peeled well and chopped), and tomato sauce. Add your favorite fresh herbs. Simmer. Taste. Add sea salt and pepper to taste

Instant pot: Cook 30 min; Stove top: Cook 4-6 hours; Crock pot: Cook 4-6 hours

To thicken towards the end, scoop out about 1 cup broth into glass measuring cup and mix with corn starch until smooth. Add back into pot and simmer on low while stirring until thickened.

For Kale: Rip kale from stem into bite sized pieces. Toss in olive or avocado oil and lay flat on cookie sheet. Sprinkle with salt. Broil watchfully until desired crispiness (about 3-5 min). Sprinkle with nutritional yeast if you like. Serve warm stew topped with crispy kale and enjoy!

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