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BEEF STEW

8-10 Servings



- 3 pounds of stew beef cut into 1 1/2 inch cubes
- 1 large onion, diced
- 4 fresh tomatoes cut into wedges
- 1/2 pound baby carrots
- 1 sweet red pepper cut into 1/2 inch strips
- 1 pound of small mushrooms cleaned
- 2 small turnip cut into chunks
- 2 Tablespoons instant tapioca
- 1/2 cup of dry bread crumbs
- 2 cups of red wine
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- 1/2 pound of (frozen) small pearl onions

Put all the ingredients except the pearl onions in a Dutch oven with a tight-fitting lid. Bake in a preheated 325 degree oven for 4 hours. Don't peek! Add the pearl onions after the stew is removed from the oven.

Serve with crusty bread.

Source:

Book: Carry-Out Cuisine by Phyllis Meras

Recipe: Fete Accomplie, Washington, DC