



Best ever Beef Stew Nunavut

NIBBLEDISH CONTRIBUTOR

Ingredients

675gm boneless meat [caribou or beef or any red meat] 3/4 tsp salt 1/2 tsp pepper 2
tbsp oil 2 ribs celery, chopped 1 onion, chopped 1/4 all purpose flour or gluten free flour 2
cups beef broth or 2 cube beef stock plus 2 cups water 1 cup red wine 1/4 tomato
ketchup or puree 2 bay leaves 3/4 tsp dried thyme 450gm potatoes, peeled and cubed 2
carrot, peeled and cubed 1 or 2 turnips, peeled and cubed

Instructions

1. Marinate meat with salt and pepper. Heat oil and brown meat. Dish and set aside. 2.
Reduce heat and saute celery and onion, stir to soften , about 6 mins. Stir in flour . 3.
Add the stock or water. return the meat , add 2 more cups water , wine, tomato
ketchup, bay leaves and thyme. Bring to boil for 1 1/2 hours. Stir every 20 mins. 4. Stir
in potatoes, carrots and turnips. Continue boiling until soft. Keep stirring and by this
time the gravy is much thicken. Remove bay leaves and serve with cheese biscuits.