



Hearty Beef Stew

2 lbs. beef chuck roast	1 onion, diced
1/4 cup all-purpose flour	3 garlic cloves, minced
1 tsp. paprika	3 cups (24 oz.) beef stock
1 tsp. ground black pepper	2 tsp. worcestershire sauce
2 tsp. kosher salt, divided	1 Tbsp. dried Italian seasoning
2 Tbsp. extra virgin olive oil	4 cups red potatoes, med. dice
2 Tbsp. unsalted butter	3 cups baby carrots, med. dice

Trim hard fat and silver skin from beef; cut into 1" cubes.

Combine flour, paprika, pepper and 1 tsp. salt in lg. 1-gal. resealable bag. Seal and shake to combine. Add beef and shake until well coated, remove and shake gently to remove loose flour.

In large dutch oven (heavy bottom pot), heat olive oil over med. high; add butter; once melted, carefully add beef (about 1/2 the beef at a time). Brown pieces on all sides; remove and set aside.

Add shallots and garlic to dutch oven; cook until translucent. Add 1 cup beef stock and deglaze pan. Add beef stock, worcestershire, Italian seasoning and 1 tsp. salt. Stir to combine. Return beef to the pot, cover and bring to a boil. Reduce to simmer, and allow to simmer 40 minutes.

Add potatoes and carrots. Stir to coat vegetables and cover. Simmer 40-50 minutes or until vegetables are fork tender. Taste broth. If necessary, add additional salt to taste