

Red Wine Beef Stew



INGREDIENTS

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| 2 c. beef stock | 1 tbsp. canola oil |
| 3 tbsp. all-purpose flour | 3 lb. pot roast, trimmed and cut into 4 pieces |
| 2 tsp. Dijon mustard | Kosher salt and black pepper |
| 1 lb. carrots, cut into pieces | 1/4 c. tomato paste |
| 1 package mushrooms, halved | 1 c. dry red wine |
| 1 large red onion, cut into wedges | 1 tbsp. unsalted butter |
| 2 large celery ribs, cut into pieces | Chopped parsley, for garnish |
| 4 cloves garlic, chopped | |
| 6 sprigs thyme | |

DIRECTIONS

1. Whisk stock, flour and mustard in 6-quart slow cooker.
2. Add carrots, mushrooms, onion, celery, garlic and thyme; stir.
3. Heat oil in large skillet over medium-high heat.
4. Season beef with salt and pepper. Cook, turning occasionally, until brown, 10 to 12 minutes. Remove to slow cooker.
5. Add tomato paste to skillet and cook, stirring, 1 minute. Add wine and cook, scraping up brown bits, 30 seconds; add to slow cooker.
6. Cover and cook until beef is tender, on low heat 7 to 8 hours.
7. Discard thyme. Remove beef and shred with 2 forks; return to cooker. Stir in butter. Garnish with parsley.



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