



## Braised Beef Stew

### Ingredients

- 3 to 4 pounds beef (short ribs, chuck roast etc.)
- 1 teaspoon coarse salt
- 1 teaspoon pepper
- 2 tablespoons [Fustini's Herbs de Provence olive oil](#)
- 1 cup dry red wine
- 12 ounces sliced mushrooms
- 1 sweet onion, diced
- 2 garlic cloves, minced
- 2 tablespoons [Fustini's Herbs of Naples balsamic](#)
- 3 large Yukon gold potatoes, peeled and cubed
- 4 cups low-sodium beef stock, or as needed
- 2 cups cold water
- 2 tablespoons flour
- 3/4 cup sliced carrots
- chopped fresh parsley

### Sharon's Hint

Use your favorite herbed Fustini's oil or balsamic in this classic comfort food dish. Adapted from [howsweeteats.com](http://howsweeteats.com)

# Directions

## Step 1.

Season the cut of beef with salt and pepper. Heat a large pot over medium-high heat and add the olive oil. Once it's hot, add the beef and sear them until deeply golden, about 4 to 5 minutes. Add in 2/3 cup red wine and let cook for 1 to 2 minutes, then reduce the heat to low and cover. Cook the beef for 2 hours, checking on it occasionally. If the liquid cooks off, add more in the form of wine, beef stock or water just so there is a thin layer on the bottom of the pot.

## Step 2.

After 2 hours, remove the meat to a cutting board. There should be a bit of liquid left in the pot, remove all but a small layer of liquid from the pot and reserve. Add the mushrooms and cook, stirring until softened, about 5 minutes. Add in the onions and garlic, stirring to toss. Cook for 5 minutes. Add the remaining wine, balsamic and cook for 2 minutes more. Remove the beef from any bone, discarding any large chunks of fat or gristle. Add the beef, potatoes and reserved beef juice adding enough beef stock to just cover the mixture to the pot. Bring the mixture to a boil then cover and reduce the heat to low. Cook for 20 minutes, or until the potatoes just soften.

## Step 3.

Place the cold water in a shaker bottle. Add the flour to the water and cover the bottle (or jar) and shake for 30 seconds to make a slurry. Add the carrots and the slurry to the stew and stir well. Increase the heat a bit until the stew is simmering. Let it cook for 30 more minutes, stirring occasionally until the carrots are softened. Taste and season additionally with salt and pepper if needed, depending on the sodium level of your stock. Serve with freshly chopped parsley on top.