

## **Italian Beef Stew**

### ***INGREDIENTS:***

2lbs Smith Meadows Beef stew cubes  
2 tbsp olive oil 2 tbsp ghee (clarified butter)  
1 cup carrots  
2 small (1 large) onion  
2 cloves garlic  
2-4 stalks celery  
1 cup dries mushrooms added to  
3 cups boiling water  
3 cups tomatoes crushed by hand/ no juice  
3 cloves  
2 cups red wine

### ***PREPARATION:***

Remove cubes from package and dry thoroughly. Cut into bite size pieces if the cubes are larger than 1.5 inches cubed. Trim any extra fat. Add boiling water to mushrooms. Soak 5 minutes. Drain mushrooms and reserve broth. Heat oil & ghee, and quickly brown beef cubes in batches (1/2 lb at a time). Set aside batches of cubes into a strainer that is placed over a bowl. Retain beef juice for later. Coarsely chop onion, celery, garlic, carrots, and mushrooms in a large food-processor. Cook on high heat for 2 minutes. Add meat 2 minutes. Add wine and beef juices. Cook 2 more minutes or until the wine has reduced by 1/2. Add mushroom broth and extra water if needed to cover the ingredients with 1.5 inches of liquid. Add salt to taste. Cook in a pressure cooker for 30 minutes, in a dutch oven on low heat on the stove for 2 hours, or in a crock-pot for 4-6 hours. Serve with polenta or Arborio rice.