Asian Beef Stew

Ingredients

2 lb stew beef

1-14.5 oz can crushed tomatoes

1 qt beef stock

1 red onion, diced

3 minced garlic cloves

3 T minced ginger

1 tsp chinese 5-spice

3 large carrots, small dice

4 celery ribs, small dice

3 T fish sauce

1 T lemon juice

4 oz curly spinach, chiffonaded

8 oz shiitake mushrooms, sliced

2-3 T Fresh cilantro, minced

**S+P TT**

Procedure

1. Brown beef, then simmer with beef stock and crushed tomatoes for 3-4 hours, or until beef is tender
2. With 20 minutes left to cook, add the onion, garlic and ginger
3. With 10 minutes to go, add in the rest of the ingredients, checking seasoning. Cook until the carrots are al dente
4. Once the stew is done, stir in the minced cilantro and shiitake mushrooms, portion out and serve