Italian Beef Stew

2 lb stew beef, cubed

as needed: oil

S+P TT

1.5 C dry red wine

1 tsp dried oregano

1 tsp dried thyme

1.5 T dried basil

1 T dried parsley

1 bay leaf

1 quart low sodium beef broth

1 large white onion, ¼ inch dice

3 T minced garlic

3 T arrowroot

3 carrots, peeled and diced

Two medium russet potatoes, peeled and cubed

12 oz. crimini mushrooms

1. Braise beef on all sides until brown, move to bowl and season with S+P TT
2. Once the beef has been browned, add all in ingredients through the beef broth back to the same pot, including the browned beef. Simmer for 3-4 hours
3. When the beef is about an hour from being done, sauté the onion and garlic together in a little bit of olive oil. Once browned,
4. Add all the rest of the ingredients and the browned beef to the pot and let simmer for 1.5-2 hours, or until the beef is fork tender
5. When the beef is about 20 minutes from being done, add in the mushrooms, tomatoes, carrots
6. Finish cooking and serve