Mediterranean Beef Stew with Rosemary and Balsamic Vinegar

Ingredients

2 lb stew beef

oil for cooking beef

1 lb sliced mushrooms

2 onions, small dice

2 C beef stock

1 14.5 can diced tomatoes

½ C balsamic vinegar

1 can black olives minced

4 T minced garlic

2 T minced fresh rosemary

1 T dried parsley

1 T capers

S+P TT

1. Brown beef in pot and set aside, adding salt and pepper
2. Brown mushrooms in the same pot
3. Add onions and cook until starting to brown
4. Add beef stock to the pan and de-glaze
5. Cook for two hours on simmer to break down the beef
6. With half an hour to go, add the rest of the ingredients (except the carrots) to the pot and finish cooking
7. With 10 minutes to go, add the carrots and let them soften to al dente, then portion out and serve