



FARMERS MARKET

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Sweet Heat Beef Stew

Serves 6

Ingredients

1/4 cup all-purpose flour
2 teaspoons dried basil, crushed
1 teaspoon garlic salt
1 teaspoon ground cumin
1/4-1/2 teaspoon cayenne or ground black pepper
1 pound boneless beef chuck steak, cut into 1-inch cubes
2 tablespoons olive oil
1 large onion, chopped
2 14 - ounce can beef broth
1 12 - ounce can beer, 1-1/2 cups dry red wine, or 1-1/2 cups apple cider
1 cup water
3 cups peeled and cubed sweet potatoes or Yukon gold potatoes
1 4 1/2 - ounce can diced green chili peppers, undrained
2 -3 teaspoons bottled hot pepper sauce
Cornbread (optional)

In a large plastic bag, combine flour, basil, garlic salt, cumin and cayenne. Add meat pieces, a few at a time, shaking to coat. In a 4- to 5-quart Dutch oven, brown meat, half at a time, in hot oil; drain fat. Return all meat to Dutch oven; add onion. Cook and stir until onion is tender.

Stir in broth, beer, and water. Bring to boiling; reduce heat. Simmer, covered, for 1-1/2 hours.

Stir in potatoes, green chilies with their liquid, and hot pepper sauce. Bring to boiling; reduce heat. Simmer, covered, about 30 minutes more or until meat and potatoes are tender. If you like, serve with cornbread.

Credit: Midwest Living