

Delicious Beef Stew - GF, SF, CF

Comments:

This one takes a bit of effort but will make you feel like you are eating at a five star restaurant – well worth the moral boost! Make a big batch on a day when you have some energy and then freeze the leftovers to use during the week.

Ingredients:

2 lbs grassfed beef stew chunks

Small quantity organic brown rice flour or chickpea flour can buy in bulk section at natural food stores.

Salt, pepper, cayenne and paprika (you may skip pepper, paprika and cayenne if not well tolerated. Cayenne and paprika come from peppers which are part of the nightshade family (tomatoes, potatoes, eggplant and peppers) and may increase arthritic symptoms in some lymies.

Entire rind of one orange only the orange part not the white part (the white part tends to be bitter).

1/4th tsp ground cloves

10 fresh sprigs thyme

34 bay leaves

4 cups beef stock (not the lowsodium kind because they contains cane sugar read ingredients carefully) Imagine brand is good one

1 medium onion roughly chopped

1 package frozen/thawed artichoke hearts

1 medium sweet potato if desired

4 zucchinis, two chopped two shredded OR yellow sunburst squash

8 cloves garlic smashed

½ bag frozen/thawed pearl onions

3 tbsp ghee

1.5 tbsp olive oil

2 tbsp anchovy paste

2 cups water

Directions:

1. In a large stock pot heat olive oil and ghee on medium high heat.
2. Meanwhile pour rice flour onto plate, mix in salt and ground pepper- and dash of cayenne- dredge meat in flour and place in stock pot in small batches to brown on all sides.
3. Remove meat from pot when browned but not cooked and set aside.
4. Add chopped onion and anchovy paste to pot and sauté one minute.
5. Add a half cup of beef stock to deglaze the pot and scrape brown bits from the bottom of the pot with a wooden spoon.
6. Add smashed garlic, thyme (you can place thyme sprigs in the pot whole – the leaves will fall off during cooking and you can then remove the stems), orange peel, ground cloves, pepper, salt, cayenne, and paprika.
7. Now add meat, remaining stock and bay leaves.
8. Bring mixture up to a boil and then reduce to a simmer- cook uncovered about 20 minutes until liquid starts to thicken.
9. Cover and cook on low heat for 1.5-2 hours

10. After 2 hours add squash and sweet potato (if using) and continue to simmer uncovered for 30 minutes.
11. Season with additional salt and serve.

Submitted by: Kaela 08/09