



Hungarian Beef Stew

Prep Time: 15 min

Cook Time: 2 hrs

Serves: 4

NUTRITION FACTS, PER SERVING:

400 calories

19 g fat

737 mg sodium



INGREDIENTS: **** Items not included in kit**

- 1.5 lbs. beef cubes
- 1/4 tsp salt & 1/4 tsp black pepper**
- 2 TB olive oil **
- 2 onions, diced
- 2 TB all-purpose flour**
- Beef Stew Spices (1 TB paprika & 1 tsp fennel seeds)
- 3 garlic cloves, minced
- (2) 32 oz. box of beef broth
- 1.5 pounds potatoes, cut into 1-inch chunks
- 3 carrots, diced
- 2 bell peppers, diced
- 1 celery stalk, diced
- 1/4 cup raisins
- Fresh parsley, chopped for garnish
- 4 Ciabatta Rolls

DIRECTIONS:

1. Sprinkle **beef cubes** with **1/4 tsp salt** and **1/4 tsp black pepper**. Heat **1 TB olive oil** in a large Dutch oven or soup pot over medium-high heat. Add seasoned **beef cubes** to pan; cook 6 minutes or until golden brown on both sides. Transfer to a plate.
2. Reduce heat to medium, and add **diced onions** to the same pan; cook 5 minutes or until softened. Add **2 TB flour**, **Beef Stew Spices**, and **3 cloves minced garlic**; cook 1 minute, stirring. Add **1 cup beef broth** **OR 1 cup red wine**; cook 2 minutes stirring occasionally and scraping browned bits from the bottom of the pan.
3. Add **3 cups beef broth**, and browned **beef cubes** back to the pan; bring to a simmer. Reduce heat to low; cook for 1 hour. Stir in **cubed potatoes**, **diced carrots**, **diced bell peppers**, **diced celery**, **raisins** and **2 cups beef broth** simmer partially covered, for 45 minutes to an hour or until meat and vegetables are fork-tender. Season stew with **salt & pepper** to taste, if needed. Garnish with freshly chopped **parsley leaves**.
4. To warm the **ciabatta rolls**, place in a 400 degree oven for 5 minutes.

Food provided in this meal kit may have come in contact with, or may contain peanuts, tree nuts, soy, milk, eggs, wheat, fish, or shellfish.

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