

Grass-fed Beef and Vegetables - Healthy Stew Recipe



Ingredients

- 18 oz of grass-fed beef
- 2 medium-sized carrots
- 7 oz of oyster mushroom
- 1 onion
- 2 cloves of garlic
- 3 large tomatoes
- 2 medium-sized potatoes
- 2 medium-sized red peppers
- 2 tablespoons of ground sweet paprika
- 5 tablespoons of grass-fed butter
- Black pepper, sea salt (or sodium/potassium salt), parsley, rosemary
- 2 tablespoon of plain yogurt

Method

Take 1 onion and chop it into small pieces. Warm the grass-fed butter in a deep dish and add the onions. Sauté the onion and stir until it is translucent. If needed, add a bit of water, but don't let it burn.

While sautéing the onion, prepare the beef. Slice it into ½ inch cubes, and add to the onions when ready. Continue to sauté for a few minutes and then add 1 cup of water before adding further ingredients.

Slice the mushrooms and garlic to thin slices (mushrooms may be diced) and add them to the meat and onions.

Now we need to prepare the tomatoes. Cut the tomatoes in half and remove the cores. Slice those halves in half and put in the blender. We are going to use tomato juice rather than tomato chunks. Add 2 tablespoons of salt and blend for a couple of minutes until you have even tomato juice. Don't worry if it looks a bit pale, it will turn red during cooking. The tomato juice thickens fast, especially when combined with starch from the potatoes, so add 2 cups of water to prolong the cooking time before it thickens.

Peel the potatoes, and dice them into chunks smaller than the beef. Add to the mixture after the tomatoes. And stir.

Cook for at least 30 minutes.

At this point, add black pepper, sea salt, parsley and rosemary. Just a pinch of everything.

After some 30 minutes, slice the peppers julienne style, and add them. This will prevent the peppers from totally dissolving into the stew.

The last ingredient is paprika. Add one tablespoon of paprika after all ingredients are already cooked. If you have a problem with the proper mixing of paprika, you can dissolve it in a small amount of water and pour in. This should prevent clumping.

Stir until the stew reaches your desired thickness. If you prefer soup Hungarian goulash style, add a bit of water. If you like a thicker stew, let it boil a bit more. The perfect finish to this dish is a garnish of yogurt and a fresh parsley leaves, or crumbled goat's cheese.



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