

# Stew Italiano

Recipe By Norene Gilletz



Cooking and Prep:  11  
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Serves:  6

Contains:  

Preference: Meat

Difficulty: Easy

Occasion: Sukkot

Source: OU Kosher

Cuisines: Italian

Don't let the long list of ingredients scare you. This scrumptious stew is quite simple to assemble—you can even do it the night before and refrigerate it, then put it up to cook in the morning. It's lick-the-spoon good!

## Ingredients (20)

### Meat

- 2 tablespoons oil (plus more as needed)
- 2 medium onions, chopped
- 3 cloves garlic, minced or 3 cubes **Gefen Frozen Garlic**
- 1/2 cup flour
- 1/2 teaspoon salt
- 1/2 teaspoon paprika

- 1/4 teaspoon pepper
  - 2 and 1/2 pounds lean stewing beef or veal, cut in 1-inch chunks
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## Stew

- 1/2 cup **Alfasi Cabernet Sauvignon** or other red wine
  - salt, to taste
  - 1 teaspoon dried basil or 2 cubes **Dorot Gardens Frozen Basil**
  - 1 teaspoon dried oregano
  - 1 bay leaf
  - 1 tablespoon brown or granulated sugar
  - 4 carrots, scraped and cut in 1-inch chunks
  - 2 cups sliced mushrooms
  - 4 potatoes, peeled and cut in 1-inch chunks
  - 1 tablespoon oil
  - 1 (28-oz.) can tomatoes (with liquid)
  - pepper, to taste
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## Start Cooking

### Prepare the Meat

1. Combine flour, salt, paprika, and pepper in a plastic bag. Add a few pieces of meat at a time and shake to coat well on all sides.
2. Heat two tablespoons of oil in a Dutch oven or large pot. Add onions and garlic and sauté over medium heat until golden, about six to eight minutes. Transfer to the sprayed insert of a slow cooker.
3. Add meat to Dutch oven a few pieces at a time and brown on all sides. Remove meat from pot as ready, adding more oil to pot if needed. Add browned meat to slow cooker insert.

## Prepare the Stew

1. Add wine to Dutch oven and stir with a wooden spoon to scrape up any browned bits from bottom of pot. Add pan juices to slow cooker along with salt, pepper, basil, oregano, bay leaf and sugar. Stir in tomatoes.
2. In a large bowl, combine sliced carrots, mushrooms and potatoes. Drizzle with one tablespoon oil and sprinkle with salt, pepper, basil and oregano. Mix well and wrap tightly in foil. Place foil packet on top of meat. (Can be assembled up to this point and refrigerated overnight.)
3. Cover and cook on low for 10 hours. Remove bay leaf. Carefully unwrap vegetables and stir into stew just before serving.
4. Keeps for two to three days in the refrigerator and freezes well.

### Variation:

If freezing, omit potatoes and serve stew over broad noodles, rice or quinoa.