

# Beef Stew

Recipe By Rivky Kleiman



**Cooking and Prep:**   
2.5 h

**Serves:**  6

**No Allergens**

**Preference:** Meat

There's nothing that compares to a warm, hearty stew to keep the cold outside!

**Difficulty:** Easy

**Occasion:** Sukkot, Passover,  
Chanukah

**Diet:** Gluten Free

**Source:** Family Table by  
Mishpacha Magazine

## Ingredients (17)

### Main ingredients

- 1 tablespoon oil, for sautéing
- 1 pound (450 grams) stew meat, cubed
- 2 large onions, sliced
- 2 stalks celery, sliced

- 1 tablespoon dried parsley
  - 1 teaspoon dried oregano
  - 1 teaspoon dried basil
  - 1 teaspoon salt
  - 1/2 teaspoon onion powder
  - 1/2 teaspoon garlic powder
  - 3/4 teaspoon black pepper
  - 1 15-oz. (425-g.) can **Gefen Tomato Sauce**
  - 1 15-oz. (425-g.) can stewed tomatoes
  - 1 cup **Gefen Marinara Sauce**
  - 3 cloves garlic, crushed or 3 cubes **Gefen Frozen Garlic**
  - 3 carrots, peeled and sliced
  - 3 small potatoes, diced
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## Start Cooking

### Prepare the Stew

1. Heat oil in a large skillet and brown the meat and onions. Add in the celery and spices and stir well. Pour in the tomato sauce, stewed tomatoes, and marinara sauce, together with the crushed garlic. Stir well. Cover stew and cook over low heat for 20 minutes. Add carrots and potatoes and stir well again.
2. Preheat oven to 325 degrees Fahrenheit (170 degrees Celsius). Transfer your skillet to the oven (or you can transfer the stew into a 9x13-inch pan) and bake an additional two hours.

### Credits

Photography: Daniel Lailah

Food Style: Amit Farber

Meat courtesy of M'tam Chofetz Chaim, Jerusalem.