



## Eagle Catcher Grassfed Beef Stew

To me, stew is just meat, vegetables and spices melded together with delicious gravy.

The gravy starts with the oil and flour and seasonings used to sauté the meat and onions and extends to the medium in which vegetables and spices are able to cook and blend their flavors. Wine adds another dimension of flavor.

What I like best about stew is that it lasts all week and gets better every day.

You need a large pot (Dutch oven) with a flat bottom so you can keep scraping and mixing as the ingredients are added.

Olive oil and beef fat, I think, are both healthful and they're the only fats needed here.

### STEP 1

Assemble Ingredients: (Preferably All Organic)

- 1 lb. Grassfed beef stew meat (this will be in small pieces)
- 1 lb. Eagle Catcher Beef Sausage (one link)
- 1 C. Flour
- 1 Large White Onion (washed & chopped)
- 2 -4 Yukon Gold Potatoes (washed & diced)
- 4 Carrots (washed & scraped) sliced
- 1 Celery Heart (washed & separated) sliced
- 8 oz. Portabella Mushrooms (washed) sliced
- 1 can Cream of mushroom soup (Organic & condensed)
- 2 Cups Grassfed Beef Broth \* (See Beef Bone Broth recipe)\*
- 1C. Cooking Sherry
- 4 Garlic cloves (chopped)
- 1 T. Basil, fresh, chopped
- 4 T. Oregano, dried, crushed
- 8 T. Extra Virgin Olive Oil
- 1 tsp. Sea Salt

## **STEP 2**

### Prepare Ingredients:

Sausage: Boil the intact sausage link in a flat pan in one inch of water for 15 minutes- be sure the casing leaks the beef fat into the water. Keep covered while cooking. Save the water and oil. Remove the link and, when cool, cut into 1" pieces, sprinkle with olive oil and lightly flour the pieces. (The sausage pieces will be added to the sauté and the water and oil will be added to the "gravy".)

Stew Meat: Season the pieces with Lemon Pepper and Olive Oil and dredge in flour.

Vegetables and Spices: As described in ingredient list.

## **STEP 3**

### Ready to Cook:

In an adequately sized Dutch oven, place 8 T. Olive Oil. Over medium heat, add onions and stew meat and 1 T. Flour. Cook for two minutes, scraping bottom of pan constantly. Then lightly browned, add sausage, lower heat and mix thoroughly and add the sausage water & oil. Mix thoroughly and add the beef broth, stirring and scraping constantly. Bring to boil, add the mushroom soup and slowly stir in all the remaining vegetables. Return to boiling and simmer, covered, for one hour, while adding all the spices and salt. In the last 20 minutes of cooking add the cooking Sherry (or other wine as desired), mix and stir thoroughly and adjust consistency by adding the Beef Broth if too thick, or removing the lid if thickening is needed. Let it cool and enjoy.