

Savory Beef Stew with Roasted Vegetables

Total Recipe Time: 2-3/4 hours

1-3/4 to 2 pounds beef for stew, cut into 1-inch pieces
1 tablespoon olive oil
3 cloves garlic, minced
3/4 teaspoon pepper
1 can (13-3/4 to 14-1/2 ounces) ready-to-serve beef broth
2 teaspoons dried thyme
1 tablespoon cornstarch dissolved in 2 tablespoons water
2 teaspoons balsamic vinegar



Roasted Vegetables:

Or roast vegetables of your choice.

12 medium mushrooms
6 plum tomatoes, quartered, seeded
3 small onions, quartered
1-1/2 tablespoons olive oil
1-1/2 tablespoons balsamic vinegar

1. Heat 1 tablespoon oil in a stockpot over medium heat until hot. Brown beef with garlic in batches; pour off drippings. Return beef to pan; season with pepper.
2. Stir in broth and thyme; bring to a boil. Reduce heat; cover tightly and simmer 1-3/4 to 2 hours or until beef is fork-tender.
3. Meanwhile heat oven to 425°F. Place vegetables in lightly oiled jelly roll pan. Drizzle with 1-1/2 tablespoons oil and vinegar; toss. Roast in 425°F oven 20 to 25 minutes or until tender.
4. Stir cornstarch mixture into stew; cook and stir 2 minutes or until thickened. Stir in vegetables and 2 teaspoons vinegar.

Makes 6 servings