



Beef & Mushroom Stew

A Nice Hardy Meal

4 servings | 3 hours

Ingredients

1-1/3 lbs Stewing Beef (cubed)
1 tsp Sea Salt (divided)
1-1/2 tsp Extra Virgin Olive Oil
Sea Salt & Black Pepper (to taste)
1/2 Yellow Onion (large, diced)
4 cups Mushrooms (sliced)
4 Garlic (clove, minced)
2 tbsp Rosemary (fresh)
1-1/2 pints Bone Broth
2/3 cup Canned Coconut Milk (full fat)
2 tbsp Cilantro (chopped)

Directions

1. Season the beef all over with half of the salt. Heat the oil in a pot over medium-high heat. Once hot, add the beef and sear on all sides, until browned, about three minutes per side.
2. Add the onion and mushrooms and sauté for about five minutes. Add the garlic and rosemary and cook for two to three minutes.

3. Add the broth, stir, and bring to a simmer. Turn down the heat to low.

Cover the pot with a lid and simmer for about two hours.

4. Uncover the pot, add the coconut milk and remaining salt. Stir and simmer uncovered over low heat for another 30 minutes or until the beef is tender and cooked through.

5. Adjust the seasoning to your taste. Top with cilantro and enjoy!