

Beef Stew



Course: Main Dish
Categories: Beef, Soup
Source: www.livingupwell.com
Serving size: 8 servings of 1.5 cups
Preparation time: 15 mins
Cooking time: 25 mins



Ingredients

2 lbs. beef shoulder, fat trimmed
1 large onion, diced
28 oz can diced tomatoes
2 large carrots or 16 oz baby carrots
2 cups chopped okra (can use frozen)
1 bell pepper, diced
3 medium sweet potatoes, large diced
4 cups beef stock
1.5 tbsp Jill's AP seasoning
2 tsp avocado oil
1 tbsp Dijon mustard
1 tbsp horseradish
1 tbsp Braggs Aminos

Directions

1. Dice all vegetables. Season both sides of meat with 2 tsp Jill's AP seasoning, sea salt and black pepper.
2. Heat instant pot/crockpot to medium heat, add 1 tsp avocado oil and diced onion. Season with 1 tsp Jill's AP seasoning, sea salt and black pepper. Stir every few minutes and cook until onion has turned translucent and started to brown. If it starts sticking to the bottom of the pan, add 1/4 cup beef stock to deglaze by scrapping the bottom of the pan with your spatula.
2. OPTIONAL STEP but will add flavor: Heat cast iron skillet to med-high heat, add 1 tsp avocado oil and sear the meat for 4-5 minutes, flip and sear the other side. Remove from heat once it has browned on both sides.
3. Add beef stock, meat, diced tomatoes, sweet potatoes carrots, okra to instant pot. As you are adding in the ingredients, season them with additional Jill's AP seasoning, sea salt and black pepper. Add Dijon mustard, horseradish and Braggs Aminos.
4. Set timer for 15 minutes. (If using a slow cooker, cook on low of 8 hours or in a crockpot for 1.5 hours or until meat is tender). Allow to slow release. Taste and adjust seasonings to your preference.
5. Remove meat, shred with 2 forks and place back in stew.