

Beef Stew

Growing up, I wasn't a huge beef stew fan. As an adult, I realized that it was the potatoes that I didn't really like in the stew, so I swapped out the all-purpose potatoes for sweet potatoes and... voila! I created a beef stew that I not only like, I LOVE! Because the sweet potatoes add a bit of sweetness to the gravy, this stew works beautifully with a full bodied Oregon Pinot Noir.

- 2 lbs. Cubed beef stew meat
- 3 Tablespoons vegetable oil
- 1 Quart beef broth
- 1/2 Teaspoon ground black pepper
- 2 Sweet potatoes, peeled and cubed
- 4 Carrots, cut into 1 inch pieces
- 4 Stalks celery, cut into 1 inch pieces
- 1 Large onion, chopped
- 4 Teaspoons cornstarch
- 4 Teaspoons cold water

1. In a large pot or dutch oven, cook beef in oil over medium heat until brown. Dissolve bouillon in water and pour into pot. Stir in pepper. Bring to a boil, then reduce heat, cover and simmer 1 hour.
2. Stir sweet potatoes, carrots, celery, and onion into the pot. Dissolve cornstarch in 4 teaspoons cold water and stir into stew. Cover and simmer 1 hour more.
3. Enjoy!

