

Beef Ragout

by: Not Your Mother's Slow Cooker Cookbook

Ingredients:

2 tablespoons olive oil
2 lbs. lean beef stew or beef cross rib roast, trimmed of fat,
cut into 1/2" chunks, blotted dry
2 medium onions, coarsely chopped
2 large tomatoes, chopped (peeled, seeded are optional)
or 1 (14.5 oz) can diced tomatoes with their juice
1 cup dry red wine (Chianti or Zinfandel)
or 1 cup beef broth
1 cup baby carrots
2 cloves garlic, minced
2 tbsp, quick-cooking tapioca
1 tsp. dried Italian herb seasoning
1/2 tsp. salt
1/2 tsp pepper
2 medium-size zucchini, ends trimmed,
cut in half lengthwise and sliced crosswise into 1/4" half moons
8 oz. fresh mushroom, thickly sliced

Instructions:

1. In a large skillet over medium-high heat, warm 1 tbsp. of the oil until very hot.
2. Add half the beef and brown on all sides, 3-4 minutes total.
3. Transfer to slow cooker.
4. Add the remaining 1 tbsp. of oil and brown the remaining beef.
5. Add the onions to the skillet and brown slightly over medium-high heat.
6. Add the tomatoes and wine and bring to a boil, scraping up any brown bits stuck to the pan; pour into the cooker.
7. Add the carrots, garlic, **tapioca**, and Italian herbs to the slow cooker.
8. Cover and cook on LOW for 6-7 hours
9. Add the salt, pepper, zucchini, mushrooms, cover, turn the cooker to HIGH, and cook for about 45 minutes, until the meat, mushrooms, and zucchini are tender.
10. Serve in shallow bowls or on rimmed dinner plates.

NOTE: There was limited liquid in the ragout. Consider adding 1/2 cup additional liquid (broth recommended).

Serving with: spaetzle dumplings, steamed rice or buttered egg noodles.

Serves: 4-5

Cooker: Medium or large round or oval

Settings and Cook Time: LOW for 6-7 hours, then HIGH for 45 minutes; salt, pepper, zucchini and mushrooms added during the last 45 minutes

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