

Beef Stew

It's still winter here and before keto, stew was always one of my favourite comfort foods. Admittedly, removing potatoes from stew, makes it much less "stewy" so we've just renamed it to "Stewp". Because, even if you have to eat it with a spoon, stew is still an easy and comforting meal.



Ingredients:

- 1kg stewing beef
- 1 small onion
- 1 beef stock cube in a cup of boiling water (or existing beef stock saved from another meal)
- 1 glass of red wine
- salt & pepper
- olive oil
- 1 tsp paprika
- 1/2 tsp chilli flakes
- 2 tsp favourite spice mix
- vegetables of choice: green beans, Brussels sprouts, mushrooms
- thyme
- 2 bay leaves
- 3 cloves of garlic

Directions:

1. In a large skillet (or regular frying pan), brown the stewing beef.
2. When the meat is nicely browned, place it in the bottom of the crock pot. In the same pan you used for the beef, add the sliced onion, sliced garlic, chilli flakes, sprig of thyme and the other spices. Dry fry these for a few minutes or until everything starts to stick. Carefully pour the wine into the pan to deglaze it. Mix everything well. If you can't use wine in cooking, you can replace it with more beef stock.
3. Pour the wine mixture into the crock pot over the meat. Add the bay leaves, salt and pepper, and the beef stock. When filling a crock pot, you should always make sure that the liquid just covers your meat. Don't use too much - it will not reduce much. You can also make this meal in your oven, but keep a closer eye on the level of the liquid.
4. If you are using a crock pot/slow cooker, place the lid on, turn it on to high and let it cook for about 4 and a half hours. Then remove the lid carefully and add the vegetables. Mix them into the stew. Replace the lid and let it cook for another hour to hour and a half. You can start it earlier and cook it on low for a longer time as well.
5. If you are doing this in your oven, use an oven safe dish with a lid and place the mixture in an oven at 180C/350F for about 3 hours, then add your vegetables and continue cooking until the meat is cooked. I usually cooked stew in the oven for about 4 - 5 hours, depending on the meat. Check the liquid levels every 90 minutes.

Recipe and images by www.alittlebitofketo.com