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# BEEF STEW

Marinating time: 12hrs Prep time: 30 min. Cook time: 4-6hrs  
Total time: 18hrs 30 min. Serves 6-8

1 boneless blade steak (about 24oz.), cut into cubes  
or 2 small pkgs. stew meat

Marinade:

5-6 cloves garlic, minced  
3 Tbsp. extra virgin olive oil  
¼ cup balsamic vinegar  
1 Tbsp. Dijon mustard  
1 Tbsp. Montreal Steak Spice

In a large sealable bag, add beef and marinade ingredients. Combine all together and refrigerate overnight.

Stew:

2 Tbsp. canola oil  
¼ cup flour  
Marinated beef  
1 (900mL) carton beef stock  
1 cup water  
1 cup whole pearl onions, peeled  
1 ½ cups carrots, peeled & cut into ½ " pieces  
2 cups rutabaga, peeled & cut into bite size pieces  
1 cup sweet potato, peeled & cut into bite size pieces  
3-4 med. potatoes, peeled & cut into large bite size pieces  
2 cups Crimini mushrooms, thickly sliced  
1 ½ Tbsp. Worcestershire sauce  
2 heaping Tbsp. tomato paste  
2 bay leaves  
1 Tsp. Montreal Steak Spice  
½ Tsp. onion salt  
½ Tsp. garlic salt  
Salt to taste

In a large pot, add oil. Coat beef with flour. Over med. high heat, working in small batches, sear meat and remove from pot and set aside until all the meat is done. Once all meat is seared, turn heat down to low. Add in about 1 cup of stock and scrape up any bits on the bottom of the pot. Add in the rest of the stock, water, seared meat and remaining ingredients. Simmer gently (make sure the heat is low enough to just simmer otherwise it will end up as a drier stew), partially covered, for 4-6 hours. Remove bay leaves before serving.

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