



Caramelized Onions and Beef Stew

Ingredients:

- 3 pounds beef stew meat, trimmed and chunked
- kosher salt, to taste
- freshly ground pepper, to taste
- 2 tablespoons vegetable oil
- 2 tablespoons butter
- 3 yellow onions, sliced thinly
- 2 teaspoons sugar
- 2 tablespoons all-purpose flour
- 1 ½ teaspoon dried thyme leaves
- 1 ½ cups red wine, Pinot Noir or Shiraz are recommended
- ½ cup low sodium beef or chicken broth, whichever you prefer
- 1 tablespoon tomato paste



Directions:

- Rinse beef and pat it dry
- Dust pieces with salt and pepper
- Spray a light coat of non-stick cooking spray on the inside of a large Dutch oven
- Heat pot over medium-high heat
- Drop enough beef chunks into hot pot, enough to cover the bottom with a single layer, do not stir
- Cook until you can easily pick meat up with tongs without it sticking to the bottom
- Turn each piece over and brown the other side likewise
- Transfer meat to a plate and repeat the process for the remaining meat, adding additional oil as needed
- After all the meat is cooked, add butter, onions and ¼ teaspoon salt to the pot
- Cook over medium heat until onions are tender (about three minutes), stirring often
- Reduce heat to low and dust onions with sugar
- Cook about 15 minutes until onions are golden brown, stirring occasionally
- Sprinkle flour and thyme over onions and increase heat to high
- Stir and cook for one minute
- Stir in wine and broth; bring to a boil
- Stir in tomato paste
- Pour meat and any juices on plate into soup
- Bring to a rolling boil, then reduce heat to low
- Cover and simmer 1 ½ to 2 hours until meat is tender
- Let soup stand for about 10 minutes before serving