



Beef & Mushroom Stew

4 servings

3 hours

Ingredients

- 1 1/3 lbs Stewing Beef (cubed)
- 1 tsp Sea Salt (divided)
- 1 1/2 tsps Extra Virgin Olive Oil
- 1/2 Yellow Onion (large, diced)
- 4 cups Mushrooms (sliced)
- 4 Garlic (clove, minced)
- 2 tsbps Rosemary (fresh)
- 1 1/2 pints Bone Broth
- 2/3 cup Canned Coconut Milk (full fat)
- 2 tsbps Cilantro (chopped)

Nutrition

Amount per serving	
Calories	404
Fat	22g
Carbs	10g
Fiber	2g
Sugar	4g
Protein	43g
Cholesterol	122mg
Sodium	1018mg
Potassium	968mg
Vitamin C	8mg
Calcium	68mg
Iron	5mg
Vitamin D	13IU
Folate	22µg
Vitamin B12	3.5µg
Magnesium	42mg
Zinc	9mg

Directions

- 1 Season the beef all over with half of the salt. Heat the oil in a pot over medium-high heat. Once hot, add the beef and sear on all sides, until browned, about three minutes per side.
- 2 Add the onion and mushrooms and sauté for about five minutes. Add the garlic and rosemary and cook for two to three minutes.
- 3 Add the broth, stir, and bring to a simmer. Turn down the heat to low. Cover the pot with a lid and simmer for about two hours.
- 4 Uncover the pot, add the coconut milk and remaining salt. Stir and simmer uncovered over low heat for another 30 minutes or until the beef is tender and cooked through.
- 5 Adjust the seasoning to your taste. Top with cilantro and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days. Freeze for up to three months.

Serving Size: One serving is equal to approximately 1 1/2 cups.

More Flavor: Add celery.

Stew Consistency: Check the stew two to three times during cooking and add more broth or water if necessary.