



Servings 4  
 Portion (oz) 16  
 Calories 626  
 Prep Time

## *Beef Stew Mediterranean*

Primary Ingredients		Ozs	Cal
Extra Virgin Olive Oil	1.50 teaspoon		60
Beef Stew Meat, 1" cubes	1.50 pound	24	957
Mushrooms, halved	3.50 cup	28	280
Carrots, diagonally cut	2.00 cup	16	160
Onion, coarsely chopped	1.50 cup	12	144
Garlic Clove, minced	2.00 piece		
Celery, sliced	1.50 cup	12	60
Parsley, chopped (garnish)	0.25 cup	2	20
Cabernet, red wine	1.00 cup	8	208
Water	1.50 cup	12	
Kosher Salt	1.25 teaspoon		
Black Pepper, coarse ground	0.25 teaspoon		
Dried Thyme	0.50 teaspoon		
Bay Leaf	2.00 piece		
Stewed Tomatoes, (no salt)	2.00 can, 14 oz	28	516
Sliced Olives	1.00 can, 2.25 oz	2	101
Red wine vinegar	2.00 Tablespoon		



Heat oil in a large Dutch oven, medium-high heat. Add beef; cook 5 minutes, brown on all sides. Remove from pan. Add mushrooms and next 4 ingredients (mushrooms through garlic) to pan; cook 5 minutes, stirring occasionally. Return beef to pan. Stir in water and next 6 ingredients; bring to a boil. Cover, reduce heat, simmer 1 hour. Stir in olives, and cook for 30 minutes or until beef is tender. Discard bay leaves. Stir in vinegar. Sprinkle with parsley.