

The Marv's Meats Recipe Collection #35

Beef Ragout (Stew)

1 lb. – Marv's extra lean stewing beef
2-3 TBS – olive oil
1 – green bell pepper, medium chop
1 – red or yellow bell pepper, medium chop
1 large – carrot, medium chop
2-28oz. cans – diced tomatoes
2 ½ tsp. – garlic powder
2 ½ tsp. – dried oregano
1 tsp. - salt
1 tsp. – ground black pepper
1 cup – red wine (Pinot Noir or Cabernet)
2 cups – water
Tomato paste & sugar to taste

Heat oil in a skillet, lightly season beef with salt & pepper & sear beef on all sides, a few pieces at a time & transfer to a large sauce pan. In the same skillet add bell peppers, onion & carrot & sauté until tender – approx. 8-10 minutes - & transfer to sauce pan with beef. Deglaze skillet with red wine, scraping any browned bits from the bottom of the pan & add to beef & vegetables in sauce pan. Add all remaining ingredients (except tomato paste & sugar) & bring to a boil. Lower heat & simmer at least 1 hour, until beef is tender. Adjust to your own desired consistency with tomato paste. If sauce tastes too acidic adjust with a pinch of sugar. Serve over wide egg noodles.



MARV'S
Meats, Inc.

10730 E. Grand River • Brighton, Michigan 48116 • 810-229-4510
Open Tuesday–Sunday from 7:30 a.m. to 6:00 p.m. (closed Mondays)
Visit us at www.marvsmeats.com