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Mallow Run Beef Stew Recipe

Laura at Mallow Run Winery sent this recipe to be shared with the GOING LOCAL site visitors. It's a quick stew that tastes like it took all day to make. Fortunately it only uses ½ cup of Mallow Run Cabernet Sauvignon, leaving the rest of the bottle for you and your guests to enjoy with the meal!

2 tablespoons all purpose flour
1 pound beef stew meat
2 tablespoons cooking oil
4 cups of vegetable juice cocktail
1/2 cup Mallow Run Cabernet Sauvignon
1/2 cup chopped onion
2 teaspoons instant beef bouillon granules
2 cloves garlic, minced
1/2 tsp dried basil
1/2 tsp dried thyme
2 cups cubed, peeled potatoes
2 cups sliced carrots
1 cup sliced celery

Place flour in a plastic bag. Add meat cubes and shake to coat.

Place the oil in a large saucepan or Dutch oven, and heat over medium high heat.

Add the flour dusted meat cubes and brown meat on all sides.

Add the vegetable juice cocktail, wine, onion, bouillon granules, garlic, basil, and thyme.

Bring to a boil, and then reduce heat.

Cover and simmer about 30 minutes or until meat is nearly tender.

Add potatoes, carrots, and celery.

Cover and simmer 30-45 minutes or more, until veggies are tender.

Skim fat if necessary.

Serve immediately.

Makes 8 cups.

*When Laura makes this soup to serve at Mallow Run events she uses Dougherty Farm Fresh Beef from Franklin, Indiana.