

# Eat Happy Kitchen

## Anna Vocino

### **STEW TANESCA**

(Serves 6-8)

- 1-2 pounds grass fed beef stew meat, cut into chunks
- 1/2 teaspoon onion powder
- 1/2 teaspoon garlic powder
- Salt and pepper
- 1 tablespoon olive oil
- 1 yellow onion, loosely chopped
- 3 stalks celery, loosely chopped
- 1/2 cup loosely chopped carrots
- 4-8 ounces Baby Bella mushrooms, chopped
- 1/2 teaspoon dried oregano (or you can use fresh if you have it)
- 1/2 teaspoon dried thyme (or you can use fresh if you have it)
- 1 thyme sprig (optional if you have fresh thyme on hand)
- 1 26-ounce jar [Eat Happy Kitchen Puttanesca Sauce](#) (or any no sugar added red sauce of your choice)

Season beef with onion powder, garlic powder, salt and pepper. Heat olive oil to medium-high heat in a Le Creuset or Dutch oven pot and sear each side of the beef chunks, about 3–4 minutes total. Remove beef from pot and set aside on a plate.

Add onion, celery, and carrot to pot and cook until softened, about 4-5 minutes, stirring occasionally. Add mushrooms to pan and cook 3-5 minutes until soft. Season well with salt and pepper. Stir in oregano and thyme. Add beef back into pot with reserved juices on plate and stir with vegetables. Pour in jar of Puttanesca sauce and stir to incorporate with beef and veggies. Drop in thyme sprig. Turn heat to low, cover, and let simmer 60-90 minutes until beef is fork tender. Season with additional salt and pepper to taste if needed. Serve, discarding thyme sprig.