



Steakhouse Stew with Blue Cheese Crumbles

The surprise ingredient is the juicy red grapes

- 14 ounces organic NY strip or sirloin steak, cut into bite-sized pieces
- 1/2 teaspoon salt; 1/4 teaspoon ground black pepper or to taste
- 4 Tablespoons all-purpose flour, divided
- 3 Tablespoons olive oil, divided
- 1-1/2 cups chopped onions
- 8 ounces shiitake mushrooms, stems removed, chopped
- 1-1/4 cup peeled Yukon Gold potatoes, cubed
- 4 cloves garlic, minced
- 1 Tablespoon chopped rosemary
- Salt; ground black pepper to taste
- 4 cups low sodium beef stock
- 1/2 cup red wine or white grape juice, optional
- 1 Tablespoon Worcestershire sauce
- 1 cup bone broth
- 1 cup red seedless grapes, halved

Garnish/Toppings:

1 cup fresh spinach leaves, sliced
Crumbled Blue cheese as desired

1. Season steak with salt and pepper; set aside for 5 minutes. Toss steak in flour; shake off excess. Save flour to use later.
2. Place 1 Tablespoon oil in a soup pot over medium high heat. Add steak; sear until brown on all sides, about 5 to 7 minutes; remove from pot; set aside to stay warm.
3. Add 2 Tablespoons remaining oil to pot; add onions, sauté 3 minutes; add mushrooms; toss for 3 minutes to soften; add potatoes, toss browning lightly for about 5 minutes. Add garlic, rosemary, and season to taste with salt and black pepper. Cook 1 to 2 minutes.
4. Stir about 2 to 3 Tablespoons reserved flour into 4 cups beef stock; add to stew with wine and Worcestershire sauce. Bring to a boil; cook for about 15 to 20 minutes and potatoes are tender and stew thickens. For thinner stew, stir in 1 additional cup bone broth. Stir in cooked steak and grapes. Cook until hot.
5. Remove from heat. Serve stew in bowls; top center of each bowl with thin sliced spinach and sprinkle with crumbled blue cheese.

Serves: 4

Cook's Note: Add the remaining flour into the room temperature beef stock as desired to thicken the stew. Bone broth is a healthy addition and is nutrient dense, easy to digest, rich in flavor, and boosts healing.

Recipe Inspired by *Cuisine at Home*, Holiday/Winter 2021 #149

About the Recipe: Add a touch of gourmet to your steak stew with some fresh juicy red grapes and a sprinkle of blue cheese. The tender steak pieces are flavored with sautéed onions and mushrooms and swirled with soft golden chunks of potatoes. It's a hearty bowl of steak stew with a peppery, woody rosemary sauce. Top or stir in thin sliced fresh spinach and sprinkle with blue cheese crumbles.