

Cooking with Pastor Jim – Ribeye Stew

Ingredients:

- 3-4 TBS butter
- 12 Oz. Fresh Carrots (diced to ¼ inch)
- 6 cloves garlic (coarsely chopped)
- 1 large onion (diced to ¼ inch)
- 3-4 fist-sized red or gold potatoes (diced ¼ to 3/8 inch)
- 8 Oz. mushrooms, sliced
- ¼ C Flour
- 1 C Red or Marsala wine
- 3-4 C Beef Stock or Broth
- 2 Bay Leaves
- 1 TBS dried or fresh Thyme
- 1 ½ to 2 pounds Ribeye Steak, pre-grilled to medium rare and cut up into small, thin pieces.

Remove fatty parts as desired. * cooking instructions below

- Kosher salt and freshly ground pepper to taste, as well as to season the steak

Instructions:

Melt butter in deep pot. Over medium high heat cook the onions for a minute then add carrots and potatoes. Cook these for a couple of minutes, then add the garlic and mushrooms. Cook another 2-3 minutes.

Add flour to incorporate, then add wine and deglaze the bottom of the pot, scraping and mixing well.

Add beef broth, bay leaves, and thyme; reduce heat to a medium low simmer; cook for 6-8 minutes, or until the carrots are tender.

Add meat to pot, stir in. Return to simmer, but only long enough to allow meat to get fully warmed.

Check for seasoning. Be sure to put all meat juices and seasonings into pot!

Stew is ready to serve! It will get better and more flavorful each day.

*To cook ribeye steaks: Coat steaks with olive oil; season with kosher salt, pepper, Canadian steak seasoning. Allow to sit out for 30 minutes to one hour. Sear steaks for two minutes each side over very hot coals. Remove, rest under foil in a plate for 15-20 minutes, at room temperature. Return to fire on grill, adding mesquite chips to coals. Cover with grill lid while cooking to enhance smoke absorption.

Cook for an additional 2 minutes on each side. Target temp is 135 degrees or medium rare. The meat will cook further when added to the stew. The goal is to NOT overcook it!