Beef Stew with Carrots and Turnips

2 tablespoons butter
2 onions, chopped
4 cloves garlic, minced
2 celery stalks, sliced
2 tablespoons tomato paste
1 lb (500g) beef stewing meat, seasoned with salt and pepper
1/2 bottle red wine
several beef bones
1 bunch parsley, leaves set aside for serving, stalks used for a bouquet garni
5 sprigs thyme
2 bay leaves
3 carrots, cut into large chunks
1 turnip, cut into large chunks

Preheat oven to 285° Fahrenheit (140° Celsius). Heat the butter in a large Dutch oven over medium-high heat. When butter foams, add the onions, garlic, and celery. Sauté for 5 minutes, turning down the heat, if necessary, to keep vegetables from browning. Season with salt and pepper. Stir in the tomato paste and cook for a minute.

Add the stew meat to the pan and brown on all sides before pouring in the wine and adding the bones (this will give lots of flavor to the dish and add vital nutrients). Make a bouquet garni of the parsley stalks, thyme, and bay and add to the pot. Throw in the carrots and turnip and then add enough water to the pot so that everything is covered by a couple of inches. Bring to a boil.

When the stew comes to a boil, put the lid on the pot and put it in the oven for 4 hours, stirring every hour or so. Remove bones and bouquet garni and serve stew strewn with chopped parsley leaves.

Serves 4

http://laurenhairston.com/beef-stew