

Beef & Green Olive Stew

Makes 6 servings

Total Recipe Time: 2 hours

1-1/2 pounds beef for stew, cut into 1 inch pieces
1/4 cup all-purpose flour
3/4 tsp. salt
1/2 tsp. ground black pepper
1/4 tsp. cayenne pepper
2 Tbsp. vegetable oil
1 cup chopped onion
1-1/2 tsp. dried oregano
1 tsp. dried fennel seeds
1 cup red wine
1 can (14 to 14-1/2 ounces) ready-to-serve beef broth
1 can (14-1/2 ounces) garlic-seasoned diced tomatoes, undrained
1/4 cup tomato paste
1 jar (7 ounces) green olives with pimentos, drained



Combine flour, salt, black pepper and cayenne pepper. Reserve 1 Tbsp. flour mixture. Lightly coat beef with remaining flour mixture.

Heat 1 Tbsp. oil in stock pot over medium heat. Brown beef in batches; adding additional 1 Tbsp. oil as necessary. Set aside.

Add onions, oregano and fennel seeds to stock pot; cook and stir 2 to 3 minutes or until onions begin to soften.

Add wine to pot; increase heat to medium-high. Cook and stir 1 minute or until browned bits attached to pot are dissolved. Stir in beef broth, tomatoes, tomato paste and reserved flour mixture. Return beef to pot; bring to a boil. Reduce heat; cover tightly and simmer 1-3/4 hours or until beef is fork-tender.

Stir in olives. Cook 2 to 3 minutes or until olives are heated through.

Serve with mashed potatoes.