BEEF AND BUTTERNUT SQUASH STEW

By: Simply Creative Chef Rob Scott

Ingredients: Yields 4 servings

3 tablespoons olive oil
1 onion, peeled and chopped
2 cloves, garlic, chopped
1 tablespoon minced fresh rosemary
1 tablespoon chopped fresh thyme
2 pounds stew beef, cut into 2-inch cubes
½ teaspoon salt, plus more to taste
½ teaspoon freshly ground black pepper, plus more to taste
2 tablespoons all-purpose flour
1 cup Marsala wine
1 pound butternut squash, trimmed and cut into 2-inch cubes
¼ cup chopped sun-dried tomatoes
3 – 4 cups beef broth
2 tablespoons fresh chopped flat-leaf parsley
Crusty bread, for serving

Directions:

- In a large soup pot, heat 3 tablespoons of olive oil over medium heat
- Add onions, garlic, rosemary and thyme and saute until the onions are tender, about 2 minutes
- Toss the beef cubes in salt, pepper and flour
- Turn up the heat to med-high and add the beef to the pot
- Cook until the beef is browned and golden around the edges, about 5 minutes
- Add the marsala wine
- Using a wooden spoon, gently stir up all the brown bits off the bottom of the pan
- Add the butternut squash and sun-dried tomatoes and stir to combine
- Add enough beef broth to just cover the beef and squash

- Bring the stew to a boil over high heat, then reduce the heat to low and simmer, covered, for 1 hour
- Season the stew with additional salt and pepper to taste
- Sprinkle with the chopped parsley
- Serve with crusty bread alongside