



Serving Size: Serves 6

## A Taste of the Season: Hearty Beef Stew Recipe

*This recipe is more than just a meal—it's a piece of our family history. For years, this Hearty Beef Stew has been a favorite at our winter dinner table, bringing everyone together with its rich aroma and comforting flavors. We're thrilled to share it with you, so you can bring a little bit of Sonoma Natural Beef to your holiday celebrations.*

### INGREDIENTS

- 3 pounds beef chuck, trimmed and cut into 1 1/2-inch pieces
- Celtic sea salt
- Freshly ground black pepper
- 4 tablespoons ghee, divided
- 4 yellow onions, sliced thin
- 2 tablespoons coconut flour
- 2 cloves garlic, minced
- 1 teaspoon dried thyme
- 1 1/2 cups dry white wine (you can substitute this with chicken stock)
- 1 1/2 cups chicken stock
- 1 tablespoon honey
- 1 tablespoon cider vinegar
- 2 bay leaves
- 1 teaspoon Celtic sea salt
- 1 tablespoon Dijon mustard
- 1/4 cup chopped flat-leaf parsley

### INSTRUCTIONS

Preheat the oven to 250°F and place rack on middle-low position. Generously season beef with sea salt and black pepper. Heat 2 tablespoons ghee in a large dutch oven (an ovenproof pot with a lid) over medium-high. Add half of the meat and cook for 2 minutes, until the bottom is browned. Using a pair of tongs, turn over each piece of meat and cook until browned on the second side, about 2 minutes. Place beef in a large bowl (the meat will not be cooked through). Repeat with remaining ghee and beef.

Reduce heat to medium and add onions to now-empty pot and sauté, stirring frequently until onions release their liquid, about 10 minutes. (If the bottom of the pot begins to brown too much, push the onions aside with a spoon, pour a small amount of water and scrape up the brown bits.) Continue to cook until the onions caramelize, about 15 minutes. Stir in coconut flour and cook for 1 minute. Make a well in the center of the pot and add garlic and thyme.

Stir in the middle of the pan until fragrant. Add wine and chicken stock, scraping up any brown bits on the bottom of the pan. Add beef and any accumulated juices to the pot. Stir in the honey, cider vinegar, bay leaves and sea salt. Bring to a boil, cover with the lid and place in the oven. Cook for 2 1/2 hours, until meat is tender. Stir in mustard and parsley and serve.