

# ITALIAN BEEF & PANCETTA STEW

## INGREDIENTS

1 ½ lbs VG Stewing Beef  
½ cup flour  
3 tbsp. olive oil  
½ cup pancetta, diced  
2 carrots, peeled and diced  
2 stalks celery, diced  
1 medium Spanish onion, diced  
2 cloves garlic, minced  
1 cup red wine  
(any drinking wine will do!)

14 oz. can low sodium diced tomatoes  
1 ½ cups low sodium beef broth  
1 tbsp. fresh rosemary, chopped (finely or roughly, up to you)  
1 tbsp. fresh sage, chopped  
1 tbsp. fresh parsley, chopped  
2 tbsp. capers, drained and rinsed.

## DESCRIPTION

What more could you want in a stew besides pancetta (Italian bacon!) and beef? This delicious Italian stew brings together the best in flavours, while keeping it light and easy to make. Perfect to enjoy with a fresh loaf of Italian bread.

Serves: 6

## VEGETARIAN PRO TIP:

If the stew isn't quite as thick as you'd like it, you can whip up a quick slurry using only two ingredients: cornstarch and cold water. For each cup of liquid you want to thicken, start with 1 tbsp of cornstarch in a small bowl and add an equal amount of cold water and stir until a smooth paste forms. Whisk this slurry into your simmering stew and cook for a few moments. Voila!



## METHOD

- 1 Place flour in a sealable plastic bag. Add beef and shake to coat. Meanwhile, heat 1 tbsp. of oil in a Dutch oven over medium heat.
- 2 Once your oil is heated, add beef, working in batches so as to not overcrowd and cook, stirring, for 2-3 minutes or until browned. Transfer to a plate.
- 3 To the same pot, add the pancetta, carrot, celery, onion and garlic and cook, stirring, for 5 minutes or until browned. Stir in the wine, scraping the pan with a flat-edged wooden spoon to pick up any of those tasty brown bits.
- 4 Stir in the beef, tomatoes, broth, rosemary and sage and bring to a boil.
- 5 Next, reduce heat to low, cover and simmer for 1 ½ hours. Uncover and simmer for an additional 45 minutes, or until the beef is tender and the sauce is thickened. Stir in the capers and chopped parsley. Season with salt and pepper to taste and enjoy.



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