

REV90 BEEF STEW WITH CHEESY SPINACH



SAVEUR PRODUCT USED

ROAST RUB, ONION GARLIC RUB,
CALIFORNIA ONION MIX

SUBSTITUTIONS

Substitute beef with lamb, chicken, lentils, or beans.

MAKE, TAKE & FREEZE

— with —
SAVEUR

FREEZER WORKSHOP INGREDIENTS

**2 lb. (1kg) beef shin/gravy beef,
trimmed and cut into 1" (3cm) cubes**

1 tbsp. Saveur Onion Garlic Rub

**2 stalks celery, peeled and diced
(1½ cups)**

1 cup zucchini, cut in pieces

1 tbsp. Saveur Roast Rub

PREPARATION INGREDIENTS

For the beef stew:

3½ cups beef stock

14 oz. (400g) can diced tomatoes

1 tbsp. Braggs Liquid Aminos

For the cheesy spinach:

2 cups baby spinach leaves

1 cup cottage cheese (only if in
maintenance)

1 tbsp. Saveur California Onion Mix

METHOD

Bag 1 – Place Onion Garlic Rub onto a plate. Toss beef in California Onion Mix to season. Place in zip-top bag. Ensure all air is out of bag to prevent freezer burn.

Bag 2 – Place all vegetables and Roast Rub into zip-top bag. Ensure all air is out of bag to prevent freezer burn.

Place all bags into large zip top bag, date, label and freeze until ready to use.

COOKING INSTRUCTIONS

Thaw in fridge overnight, following safe thaw instructions.

Stovetop Instructions Heat a heavy-bottomed saucepan over medium heat. Add liquid aminos and 2 tbsp. water. Cook beef in batches for 3 minutes or until browned. Transfer to a bowl.

Add vegetables to same pan, cook for 2 minutes. Return beef to pan. Stir in stock and tomatoes. Cover and bring to a boil. Reduce heat to low. Simmer for 1 hour, 45 minutes. Simmer uncovered for 45 minutes. Vegetables can be added at the end for more crunch.

Slow Cooker Instructions Brown meat and then add all other ingredients. Cook for 6-8 hours on low or 3-4 hours on high.

Instapot Instructions Brown meat and add all other ingredients. Cook for 20-30 minutes.

To make the cheesy spinach, mix baby spinach, California Onion Mix and cottage cheese together. Spread on top of beef and vegetable mixture at the end of cooking or add on top of stew after serving.

