

BEEF & COFFEE STEW

INGREDIENTS:

- 2 tbsp. butter
- 1-1/2 lbs. grass-fed, organic lean beef chuck, cut into 1/2-inch chunks
- 2 onions, thinly sliced
- 1 garlic clove, minced
- 2 bell peppers, halved, seeded, sliced into 1/2-inch chunks
- 1/4 cup gluten-free flour
- 5 tbsp. dry white wine
- 5 tbsp. strongly brewed Brazilian Blend coffee
- 2-3 sprigs of fresh thym
- 2 bay leaves
- Salt & pepper to taste

Warm up with this rich, delectable one-pan meal. Coffee and beef may seem like an unexpected pairing, but the nutty chocolate notes of our Brazilian Whole Bean coffee are an incredible complement to grass-fed, organic beef.

Serves 4



BEEF & COFFEE STEW INSTRUCTIONS



Heat butter in a sauté pan over medium-high heat. Add meat and cook, stirring often, until it's browned on each side. Remove the meat and cover to keep warm.

Reduce the heat to low and add the onions, minced garlic and peppers and cook over low heat for 10 minutes. To thicken the stew, lightly sprinkle the flour over the vegetables and cook, stirring continually, for 2 to 3 minutes. Gradually stir in wine and coffee.

Increase heat to medium and bring to simmer, stirring constantly. Return the meat to the pan, season the mixture with salt and pepper. Add the thyme and bay leaves. Cover the pan and reduce heat to medium-low. Simmer 1 hour or until the meat is fork-tender. Remove bay leaves and thyme sprigs and serve hot.

