



In your box

8 oz. Carrot
1 Yellow Onion
6 oz. Yukon Potatoes
1 Celery Stalk
1 French Roll
3 Tbsp. Cornstarch
10 oz. Steak Strips
1 Tbsp. Tomato Paste
4 tsp. Beef Demi-Glace
4 fl. oz. Red Cooking Wine

CONTAINS milk, wheat, soy



Hearty Steak and Red Wine Stew

with toasted roll

NUTRITION per serving—Calories: 667, Carbohydrates: 70g, Fat: 24g, Protein: 37g, Sodium: 1629mg.
Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients

Prep & Cook Time
45-55 min.

Cook Within
6 days

Difficulty Level 
Easy

Spice Level 
Not Spicy

🕒 You will need

Olive Oil, Salt, Pepper

Large Non-Stick Pan, Medium Pot

👑 Before you cook

Take a minute to read through the recipe before you start—we promise it will be time well spent!

- ☐ Thoroughly rinse produce and pat dry



1

Prepare the Ingredients

- Peel, trim, and cut **carrot** into $\frac{3}{4}$ " slices. *If carrot is thicker than 1", halve lengthwise before slicing.*
- Halve and peel **onion**. Cut halves into $\frac{1}{2}$ " dice.
- Cut **potatoes** into $\frac{3}{4}$ " cubes.
- Trim ends off **celery** and cut into $\frac{3}{4}$ " slices.
- Halve **French roll** if necessary.
- Make a slurry by mixing **cornstarch** with 3 Tbsp. **water**.
- Pat **steak strips** dry.



2

Start the Vegetables

- Place a large non-stick pan over medium-high heat and add 2 tsp. **olive oil**.
- Add **carrot, onion, potatoes, celery**, $\frac{1}{4}$ tsp. **salt**, and a pinch of **pepper** to hot pan. Stir occasionally until vegetables begin to brown, 2-4 minutes.



3

Simmer the Stew

- Transfer **vegetables** to a medium pot and place pot over medium-high heat.
- Add $2\frac{1}{2}$ cups **water, tomato paste, beef demi-glace**, and $\frac{1}{4}$ tsp. **salt**. Bring to a boil and reduce to a simmer.
- Stir occasionally until vegetables are tender, 28-32 minutes.
- Wipe pan clean and reserve.



4

Cook Stew and Toast Bread

- After vegetables have simmered 15 minutes, return pan used to start vegetables to medium-high heat. Add 2 tsp. **olive oil** and **French roll**, cut side down, to hot pan. Toast until golden brown, 3-5 minutes.
- Remove to a plate.
- Reserve pan; no need to wipe clean.



5

Finish the Stew

- Return pan used to toast bread to high heat. Add 2 tsp. **olive oil, steak strips**, and a pinch of **salt** and **pepper**. Stir occasionally until no pink remains, 2-3 minutes.
- Stir in **red cooking wine** and cook 1 minute.
- Stir **cornstarch slurry** to recombine. Add steak strips and cornstarch slurry to pot with **vegetables** and thoroughly combine. Bring to a boil.
- Remove from burner.
- Plate dish as pictured on front of card. Bon appétit!