

Beef and Butternut Squash Stew

<http://unihomemaker.com/2012/12/17/beef-and-butternut-squash-stew/>

Ingredients:

- 1 1/2 pounds of beef stew meat, cut 1" cube
- 2 tablespoons of all-purpose flour
- olive oil for cooking
- 1 onion, chopped
- 3 cloves of garlic, minced
- 2 sprigs of fresh rosemary, chopped
- a few sprigs of fresh thyme, stripped and chopped
- 1 tablespoon of tomato paste
- 2/3 cup of marsala wine
- 2 pounds of butternut squash, trimmed and cut into 1 1/2" cube
- 1/4 cup of sun-dried tomatoes, chopped
- 2 (14.5-ounce) cans of beef broth
- salt and pepper to season
- fresh Italian parsley, chopped

Preparation:

In a medium bowl combine stew meat and 2 tablespoons of flour to coat. In a large dutch oven over medium high heat, add olive oil and meat. Cook until the beef is browned and golden around the edges, about 6-8 minutes. Do not crowd your pot. Do it in batches if necessary. Transfer meat to a bowl and set aside.

In the same pot, add onions, garlic, rosemary, thyme and more olive oil if need be. Season with salt and pepper. Cook until onions are tender, about 3-4 minutes. Add tomato paste and stir it around the pot, about 1 minute. Then add marsala wine. Using your wooden spoon, stir up all the brown bits off the bottom of the pot. Add butternut squash, sun-dried tomatoes and stew meat. Stir to combine and then add beef broth. Bring the stew to a boil over high heat and then reduce to low heat. Cover and simmer for 1 hour or until beef is tender. Check for seasoning. Ladle stew into the bowl and garnish with parsley. Serve over rice or with crusty bread.

Adapted from Giada De Laurentiis