



Ancho Chili Beef Stew

(This recipe makes 6-8 servings)

This stew has a rich smoky flavor and is super healthy, and can be left to cook all day while away!

Ingredients

- 3 Tablespoons beef tallow (or other preferred healthy fat)
- 2 lbs of beef, cut into 1" cubes – roast cuts work well for this (like eye of round, heel or shoulder)
- 1 large onion, finely chopped
- 4 large garlic cloves, chopped
- 4 medium tomatoes, peeled and chopped
- 4 oz dried chipotles (ancho chilies), de-seeded and crushed into flakes
- 1 tsp oregano
- 1 bay leaf
- 1 Tablespoon tomato paste (no sugar added)
- ½ tsp sea salt
- ½ tsp freshly ground black pepper
- 4 cups beef stock (bone broth)
- 2 cups ketogenic red wine

Method

1. Heat tallow in a large, heavy pot on medium heat, and sauté the beef on all sides till lightly browned.
2. Push the beef to the side, and sauté the onions and garlic till soft (about 3-4 minutes).
3. Add the tomatoes and cook for about 5 minutes.
4. Add the oregano, bay leaf, tomato paste, salt and pepper, broth and keto-wine.
5. Turn down the heat to low, cover and simmer for 3 hours.
6. Alternatively, place the stew in your crock pot and leave cooking all day on the lowest setting.

Serve either alongside a raw salad, or on top of a bed of greens.

If dairy-tolerant, enjoy with a dollop of yogurt and a chunk of raw hard cheese!