

Dinner – Paleo

Beef Cubes with Roasted Carrots and Mushrooms



SERVES: 4 PREP: 20 min. COOK: 3 h.

Ingredients

3 lb. beef chuck, cut into cubes

1 onion, sliced

3 garlic cloves, minced

1 cup beef stock

Cooking fat

Sea salt and freshly ground black pepper

Ingredients for the roasted carrots and mushrooms

8 oz. carrots, sliced

8 oz. mushrooms, sliced

1 tsp. fresh thyme leaves

1 tbsp. melted cooking fat

Sea salt and freshly ground black pepper

Preparation

1. Preheat your oven to 250° F.
2. Season the beef cubes to taste with sea salt and freshly ground black pepper.
3. Melt some cooking fat in a Dutch oven or ovenproof pan over a medium-high heat.
4. Brown the beef cubes on all sides for 1 to 2 minutes, remove, and set aside.
5. Cook the garlic, and onion for 2 minutes or until fragrant.
6. Add the beef stock and stir to scrape up all the brown bits from the bottom of the pan.
7. Return the beef to the Dutch oven, cover, and place in the oven.
8. Cook the beef in the preheated oven for about 3 hours, keeping an eye on it for the final 30 minutes.
9. In a large bowl, combine all the ingredients for the roasted vegetables.
10. Place the vegetables on a roasting pan.
11. Roast the vegetables during the last 15 minutes of the beef cooking process.
12. Serve the meat cubes with the roasted vegetables.