



## TALLGRASS BEEF STEW WITH ROOT VEGETABLES

3 c	Cubed Tallgrass Beef Stew Meat
2 c	Parsnips
2 c	Turnips
2 c	Carrots
2 c	Yellow Onions
2 c	Idaho Potatoes
1/8 c	Chopped Sage
1.25 gal	Water
1 T	Kosher Salt
1/2 T	Ground Black Pepper
1 oz	Olive Oil
	Cornstarch to Thicken

Dice Idaho potatoes and set aside. Dice parsnips, turnips, carrots and yellow onions and place in a large bowl, coat with olive oil and season with salt and pepper. Season Tallgrass Beef with salt and black pepper. In braising pan over high heat sear beef until brown on all sides. Add vegetables (except potatoes) stirring until they are slightly browned. Add sage and sauté for 1 minute. Add water and bring to a boil. Turn heat down and simmer for approximately 1/2 hour until vegetables are tender. Add potatoes and simmer an additional 1/2 hour. Thicken with cornstarch for approximately .5 minutes. Remove from heat and serve.

*Makes 12 servings of stew*