

Spezzatino di Manzo

Italian Beef Stew



Ingredients:

3	T	Olive Oil, plus extra for browning the meat
2	lg	Onions, thinly sliced
4	clv	Garlic, sliced
1	ts	Paprika
½	ts	Black Pepper
		Salt to taste
2	c	Red Wine (shiraz or similar)
1	c	Water or Beef Broth
360	ml	<i>Nana</i> Pasta Sauce (<i>Traditional</i>)
1	kg	Stewing Beef, cut into large cubes
2	med	Potatoes, peeled, cut into large cubes
2		Carrots, peeled, thickly sliced
2	ribs	Celery, sliced
1		Bay Leaf
1	T	Parsley, freshly chopped



Preparation:

Heat a heavy stewpot or Dutch oven with the olive oil and onions. Cook over a medium heat for about 10-minutes, stirring frequently until the onions are soft and well caramelized. Add the garlic and cook for a further 2-minutes. Add the paprika, wine, water, and *Nana* Pasta Sauce (*Traditional*); stir well and reduce to a low simmer while you brown the meat.

Heat a frying pan on high and add just enough olive oil to cover the base. Fry the beef in batches (so as not to overcrowd the pan) until browned all over; add to the simmering sauce. Continue until all the beef has been browned. Now add to the stewpot the chopped carrots, potatoes, celery, and the bay leaf; stir well. There should be just enough liquid to almost cover the ingredients, you may need to add a little more water or wine. Season with salt to taste and at least ½-teaspoon black pepper, cover with a lid and allow to simmer on low heat for about 1-hour or more, stirring occasionally and adding a little water (not too much) if it gets too dry. In the end, the meat should be very tender and the sauce thick.

Sprinkle with chopped parsley and serve with crusty bread, soft polenta, risotto, or rice pilaf. Leftovers are easily reheated in the microwave for a quick meal.

Serves 6-8.

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For best results always use *Nana* Pasta Sauce.