

Beef and Sweet Potato Stew

Prep time: 20 minutes

Cook time: 3 hours, 10 minutes

Serves 6

Ingredients -

3 tablespoons olive oil, divided
2 lb beef stewing steak, cut into 1+1/2 inch pieces
1 red onion, thinly sliced
3 stalks celery, sliced
6 oz brown mushrooms, halved and sliced
4 cloves garlic, minced
1 stalk rosemary
3 large sprigs thyme
5 medium sage leaves
1/2 cup pumpkin purée
Pinch sea salt
Freshly ground black pepper (stage 1 reintroduction) - optional
2 heaped teaspoons Dijon mustard (stage 1 reintroduction - optional)
5 cups beef bone broth
4 small-medium orange sweet potatoes, cut into large chunks
3 rounded cups frozen chopped kale

Preheat the oven to 300F.

Heat 1 tablespoon of the oil in a Dutch oven and brown the meat in batches. See [this recipe for guidance](#) if you need it. Remove to a plate.

Put the remaining oil into the pan and add the onion, celery and mushrooms. Sauté on medium heat for 5 minutes until nearly softened, stirring occasionally.

Stir in the garlic, rosemary, thyme and sage leaves and cook a further minute.

Add the pumpkin purée, together with a pinch of salt and a grind or two of black pepper if using. Add the mustard if using that too.

Stir in the bone broth and bring up to a simmer. Put a lid on the Dutch oven and place in the oven for 2 hours.

Remove the Dutch oven and add the sweet potatoes, pushing them down so they are covered by the liquid. Pop the lid back on and return to the oven for 1 hour.

Remove the stew and stir in the kale. Return to the oven for a final 10 minutes.

Remove the herb stalks and serve.

